

JUN 21 1912

PERSONAL ADVENTURES IN NEW THOUGHT

# The NAUTILUS

For the Month of

JULY

**W**E lose  
vigor  
through  
thinking continu-  
ally the same  
set of thoughts.  
New Thought is  
New Life.

Edited  
by  
Elizabeth  
Towne



PRICE 10 CTS.

## NEW THOUGHT CENTERS.

Following is a list of New Thought centers, reading rooms, bookstores, etc., where New Thought publications may be found, and where visitors are always welcome.

**BERKELEY, Calif.**—Berkeley Business College Bldg., S. E. cor. Shattuck and Center streets.  
**BILLINGS, Okla.**—Dr. H. G. Coffeen.  
**BOSTON, Mass.**—Miss Leonora Ilsey Joslyn, Suite 616, 59 Temple Place.  
**BOSTON, MASS.**—The Metaphysical Club, 211 Huntington Chambers, 30 Huntington avenue.  
**BRUNSWICK, O.**—Co-operative Book and Subscription Agency, R. 3.  
**BUFFALO, N. Y.**—Mrs. Candis J. Hall, 528 Delaware avenue.  
**CALGARY, Alberta, Canada.**—Mrs. M. Mason, 236 Eighth avenue, West.  
**CANTON, Ohio.**—Ralph W. Young, 323 North Market street.  
**CAPE TOWN, South Africa.**—Modern Science Pub. Co., 4 McPherson's Bldgs, Plein and Barrack streets.  
**CHICAGO, Ill.**—Mrs. Louise Alden, 400 Hermitage avenue.  
**CHICAGO, Ill.**—The Progressive Thinker, 40 Loomis street.  
**CHICAGO, Ill.**—The Chicago Fellows'ip; Benjamin Fay Mills, Lecturer and Leader. Meetings Sundays at 11 a. m. at the Whitney Opera House.  
**CHICAGO, Ill.**—Friscilla Knox McArthur, 1340 La Salle avenue.  
**DAYTON, Ohio.**—Lotos Library, 50 Stillwater avenue. Annie McIvor, librarian.  
**DENVER, Col.**—Mrs. Edith Marie Raymond, 302 Twenty-second street.  
**EDINBURGH, Scotland.**—Helen Rhodes-Wallace and Robert Wallace.  
**HAMILTON, Ontario, Can.**—Cloke & Son, 16 King St., West.  
**HARROGATE, England.**—Talisman Publishing Co., 526 Station Pde.  
**JERSEY CITY HEIGHTS, N. J.**—Mt. Pitcairn Spiritual Association, 386 Central avenue.  
**JULIAETTA, Idaho.**—S. A. Roe, M. D.  
**KIESTER, Minn.**—Mrs. Emilie Ewald.  
**KALAMAZOO, Mich.**—Home of Truth, 211 West Dutton street. New Thought Library.  
**LAMAR, Mo.**—James C. Thomson, N. D. D. C., Box 22.  
**LONDON, England**—Higher Thought Center, 10 Cheniston Gardens, W.  
**LONDON, England**—L. N. Fowler & Co., 7 Imperial avenue, E. C.  
**LONDON, England**—Power Book Co., 29 Ludgate Hill, E. C.  
**LONG BEACH, Cal.**—Mrs. S. F. Connley, 14 American avenue.  
**LOS ANGELES, Calif.**—The Fountain of Life Institute, 1054 S. Figueron street.  
**LOS ANGELES, Calif.**—The Holmes Book Co., 333 South Main street. Occult, New Thought, and Theosophical Books.  
**LOS ANGELES, Calif.**—Metaphysical Library, 611 Gran Bldg., 355 South Broadway.  
**LOS ANGELES, Calif.**—Occult Book Co., 213 Mercantile Place.  
**LOS ANGELES, Calif.**—The Los Angeles Fellowship; Reynold E. Blight, Minister. Meetings Sundays at 11 a. m. in Blanchard Hall. Office, 430 Blanchard building.  
**LYNN, Mass.**—Mrs. Sarah F. Meader, Metaphysician, 10 Kenwood terrace.  
**MELBOURNE, Australia**—Miss E. R. Hinge, 173 Little Collins street.  
**MEMPHIS, Tenn.**—Mrs. Florence B. Nelson, 2109 Elizey avenue.  
**MILWAUKEE, Wise.**—Gustave Pinske, 713 State street.  
**MINNEAPOLIS, Minn.**—The New Life Fraternity, Amelia A. Randall, Room 480, Auditorium building.  
**NEW YORK CITY.**—Mystic Light Library Association, 49 John street.  
**NEW YORK CITY.**—New Thought College Free Reading Room, 110 W. 34th street.  
**NEW YORK CITY.**—Roger Bros., 429 Sixth avenue.  
**NEW YORK CITY.**—Dr. Richard R. Schlesner, 138 East 27th street.  
**OAKLAND, Cal.**—Rest Reading Rooms, 727 14th street.  
**OAK PARK, Cal.**—B. E. Moyer, 2915 34th street.  
**OMAHA, Nebr.**—Omaha New Thought Fellowship, Room 3, Lyric Theatre building. Services, Sunday morning, 10 o'clock; Wednesday night at 8 o'clock.

**ORANGE, N. J.**—Mrs. Frances A. Ross, The Fox banks, 477-481 Main street.

**PATERSON, N. J.**—G. Van Dalinda, 321 Romeo bldg.

**PITTSBURG, Pa.**—Dr. H. Lewis Belknap, 813 West street, Second floor, Wilkinsburg Station.

**PITTSBURGH, Pa.**—Pittsburgh New Thought Alliance 809 Wabash building.

**PORTLAND, Ore.**—W. E. Jones, 284 Oak street, Her Building.

**PROVIDENCE, R. I.**—Miss S. C. Dunham, 104 Orange street.

**ST. LOUIS, Mo.**—H. H. Schroeder, 3537 Crittenden street.

**SALT LAKE CITY, Utah.**—Shepard, the Magus Man, 77 East 3d South.

**SAN ANTONIO, Tex.**—Mrs. Mary Norton, 3107 S. Pressa street.

**SAN DIEGO, Cal.**—Loring & Co., 762-766 Fifth street.

**SAN DIEGO, Cal.**—School of Practical Metaphysics American Woman's League Hall, 5th and C streets.

**SAN DIEGO, Cal.**—Miss Celia B. Slocum, 1655 Elm street.

**SAN FRANCISCO, Cal.**—Olivia Kingsland, 48 Potrero street, near Steiner and Waller.

**SAN FRANCISCO, Cal.**—The S. F. Occult Book Co., Dr. Denning Smith, Librarian, 1141 Polk street & Sutter street.

**SANTA BARBARA, Cal.**—Ramona Book Store, J. M. Barbour, Prop., 707 State street.

**SEATTLE, Wash.**—Mrs. Agnes J. Galer, 516-518 Crrary building.

**SPOKANE, Wash.**—Spokane Book and Stationery Company, 114 South Post street.

**TACOMA, Wash.**—C. Albin Thorell, 1014 South 11th street.

**TORONTO, Can.**—W. H. Evans, 488 College street.

**VALPARAISO, CHILE, S. A.**—Georgina Hamilton, Carilla, 271 P. O. B.

**WASHINGTON, D. C.**—Oriental Esoteric Society, 100 Q street, N. W.

**WILLIMANSETT, Mass.**—Mrs. S. A. Emerson, 7 Emerson street.

**YOUNGSTOWN, O.**—Flora G. Whiteside, 108 West Wood street.

**THE AMERICAN NEWS COMPANY**, supplies *The Nautilus* on a returnable basis to all newsdealers who request it.

**AMERICAN WOMAN'S LEAGUE.**—*The Nautilus* is a Class A publication. Subscriptions taken by every American Woman's League Member.

### Start A New Thought Center

**OR A NEW THOUGHT CLUB;**  
**We Will Help You.**

**ARE YOU INTERESTED IN NEW THOUGHT? WHY NOT INTEREST OTHERS? MAKE IT PLEASURABLE AND PROFITABLE. ORGANIZE YOUR FRIENDS INTO A NEW THOUGHT CENTER. IT WILL MAKE FOR HEALTH AND HAPPINESS ALL AROUND.**

There are at least a dozen people near you who are **your kind!** So why not start a New Thought Center or headquarters where congenial people who are interested in these teachings can get together for meetings, for study, sociability, etc. A place where helpful literature along these lines can be obtained. A hearty welcome will be given you by any of the centers listed on our inside front cover. Try it once.

If you are a worker and want to do something of this sort or if you are already established as a teacher of New Thought, be sure to write for our free special letter on the subject, and ask about our plan for advertising free those Centers that keep our publication for sale. Address

**The Elizabeth Towne Co., Holyoke, Mass.**

### PARAGON SHORTHAND

Learned in **ONE WEEK**.

Valuable invention by expert stenographer—Not by mere theorist. Writers are in **Government** employ, in **Court Reporting** and with big corporations. Speed capacity beyond reach of the hand. Write today. Paragon Shorthand Institute, 121 Coliseum Park, New Orleans, La.

## Nautilus News

BY THE EDITORS.

**Education  
And  
Socialization.**

The special feature for our August Number will be of extra special interest to professional educators and parents and teachers, and pre-eminently to young persons just completing their schooling.

This special feature is an illuminating exposition of "Current Tendencies in Education," by Frank Andrews Fall, Bursar of New York University. Out of this university come a very large proportion of all the advanced movements in education, and all its workers are in touch with advanced educational ideas the world over. There is no one better fitted than Mr. Fall to give us an interesting epitome of this work up to the present time, with scientific prophecy as to what is coming next.

Something big is happening in the field of education and Mr. Fall will tell us about it in August Number of *Nautilus*. This is one of the most important and significant special features that *Nautilus* has secured up to the present time, as well as one of the most interesting. I think our readers will agree with me. His presentation of the matters of vocational education and ethical education in particular should prove a practical help to every educational institution in the land.

**Dr. Warman  
Writes for Us.**

Last month we introduced Dr. Dresser as a new regular contributor to *Nautilus*. This month we have the pleasure of announcing that Edward B. Warman, A. M., has written a series of lessons for *The Nautilus* on "Practical Psychology," the first lesson of which will appear in the August *Nautilus*.

These lessons of Dr. Warman's deal with all sides of human life and development, including personal efficiency and business efficiency. The series is one of the sort that every man in the country wants specially, and every woman, of course. Dr. Warman's series fills ably a long felt want—if we are to judge by the inquiries of our readers.

Dr. Warman is the author of that splendid little "Psychic Science Series" of books, and others. And recently he has been retained as editor of the Care of the Body Department of the Los Angeles Times, in place of Harry Brook who has gone into the publishing business on his own account. Dr. Warman is a teacher of note, and a practitioner of what he teaches. Which is more than can be said of every teacher. Here is a little clipping from his last letter, which will give you a very fair little moving picture of Edward B. Warman:

"On Monday the 29th I celebrated my 65th birthday anniversary in the usual way by hiking up Mount Wilson and back (16 miles) before breakfast. Last Saturday I was in a

(Continued on Page 2.)

Say you saw it in THE NAUTILUS. See guarantee, page 5.

**Important Notice  
To Nautilus Subscribers.**

IF YOU FIND a red delinquent notice and order form attached to this space it means that your subscription expires with this issue (UNLESS your renewal has crossed this notice in the mail). Please renew at once so as to avoid missing an issue, and to save us the expense of removing and replacing your name on our list. IF YOU WILL RETURN THE RED ORDER BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 20th OF THE MONTH OF THIS ISSUE, WE WILL CREDIT YOU WITH 13 MONTHS FOR \$1.00. We can afford to give you an extra month for PROMPT renewal.

THE ELIZABETH TOWNE CO., HOLYOKE, MASS.

## SEWING TABLES



DOLLY MADISON

**The Artistic Dolly Madison Mahogany Table**, with glass knobs, we sell for the low factory price of \$15. Size, 29 in. high, 18 in. deep and 32 in. long (wings open).

**The Lady Baltimore**, of your grandmother's day, in Mahogany, with glass knobs, is yours for \$10. Size, 28 in. high, 16 in. deep, 30 in. long (wings open). Prepaid delivery east of Mississippi river on tables.

**SMART ANTIQUES  
FOR WEDDING  
GIFTS AND PRIZES.**

Get the Famous Peter Pan Spool Holder in Mahogany. Size, 7 $\frac{1}{4}$  in. high, 4 $\frac{1}{4}$  in. square. Our price, \$2.00.

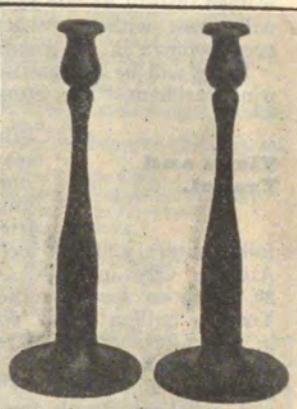
Mahogany Candle Sticks, 13 $\frac{1}{2}$  in. high, with 5 $\frac{1}{4}$  in. base, only \$2.00 a pair.

Beautiful Mahogany Trays, 25 $\frac{1}{2}$  in. long, 15 $\frac{1}{4}$  in. wide (oval shape) at \$8.00. We pay delivery on the above articles anywhere in the U. S.

Send for further particulars to

THE ANTIQUE CO.,  
Dept. N., Lebanon, Pa.

Important. If you wish to make some money write us, giving references.



What Women of TITLE & TALENT say  
of  
*Mme. Velaro & Co's*  
**COMPLEXION CREAMS & TONICS.**  
FREE BOOKLET. 229 WEST 42<sup>nd</sup> ST. NEW YORK.



(*Nautilus News Continued.*)

modified Marathon race of twelve miles with 130 other kids. This is only to show you that I take my own medicine. In this as in the psychology I live the law; hence know the doctrine."

**Good Things  
For August.**

Among the good things in August *Nautilus* will be:

A beautiful allegory by Anne Warner, "Their Lessons of Life." This is a prose poem, a little gem of literature that will live in the hearts of many readers.

The conclusion of William Walker Atkinson's lucid exposition of "The Cell-Minds." The eleventh of those wonderful lessons on "The Renewal of the Body," by Annie Rix Miltitz; this one on "Paths of Pleasantness."

An illuminating lesson on "The Art of Resting," by Horatio W. Dresser.

An interesting article on "How We Are Protected," by J. L. Buttner, M. D., of Yale town, which helps us realize how the spiritual meets and commands the physical. It will help us to see through the physical.

A most interesting talk by Thomas Dreier on "Scientific Management of the Business of Home Keeping." This article is a transcript of an address that Mr. Dreier gave before the Boston Women's Publicity Club. The address was so fine and full of suggestion for the solution of marital difficulties and the evolution of healthy and successful homes that I asked permission to reproduce it in *Nautilus* where it may reach hundreds of thousands of women instead of one room full. I think you will agree with me that it ought to reach every woman in the country.

There will be a beautiful new poem by Edwin Markham, "The Stone Rejected."

**Visits and  
Travel.**

Winter is our busy season, but, oh, you summer, we go on journeys and visit our friends. Our season of folks, nature and fun includes a few days at Atlantic City in July. On Saturday, July 20, I am to speak in the Greek Temple on Young's million dollar pier, at three o'clock in the afternoon. There is no admission charge (except the small fee for entrance to the pier), and everybody is welcome. Come and collaborate with me for a good lecture on "How to Make the Best of Life." Ask questions in the silence before the lecture then let go and follow my thought. You may find your questions answered. If not come and shake hands and ask me after the lecture.

It is through the kindness of Oliver C. Sabin, head of the Evangelical Christian Science church that William and I visit our friends in Atlantic City. He will speak at the same place every afternoon for three weeks following July 20, where everybody is welcome.

In the meantime we are making little visits around near home. New England is one green glory, just now, due to the heavy rains.

Saturday, June 8, all the girls in the office

are going to Netop on a laurel hike or a hike for laurel, along with the stock boy and all the editors. So more anon, if there is any.

**Prices  
Soaring.**

Shall we raise the price of *Nautilus* to \$1.50 a year, 15c a copy?

On the first of the year we received notice from the printers of a very substantial raise in the price of printing *The Nautilus*. They have signed a five years' contract with the Typographical Union, which means increased prices all along the line. Now we are not going to advance the price of *Nautilus* if we can help it, but THIS ADDED EXPENSE MUST BE MET IN SOME WAY.

There is one way in which you and the other readers of the magazine can help make sure that the price is not advanced.

If we can get 5,000 more subscribers on our list right away it will be possible to keep the price where it is.

We know that your interests are the same as ours in this matter of keeping down the price of the magazine, so we are asking you if you can do one of three things NOW to help insure the present prices.

**FIRST:** Will you send us one new subscription to *Nautilus* at \$1?—including a premium for good measure. Read over that offer of *Nautilus* with a copy of my Experiences and 6 back numbers, on page 4. Will you call that to your friend's attention and get a subscription? And remember that you can substitute any of our other 50c books or any two of our 25c ones for "Experiences in Self-Healing," if you or your friend wishes. Our publications are all listed on page 6.

**SECOND:** Or will you send us ten new 3 months' trial subscriptions to *Nautilus* at 10c each? Each one of the trial subscribers to receive a copy of "35 Years of Nervousness and How It Was Mastered"—with an extra copy for you, if you wish it.

**That  
Education  
Encourager.**

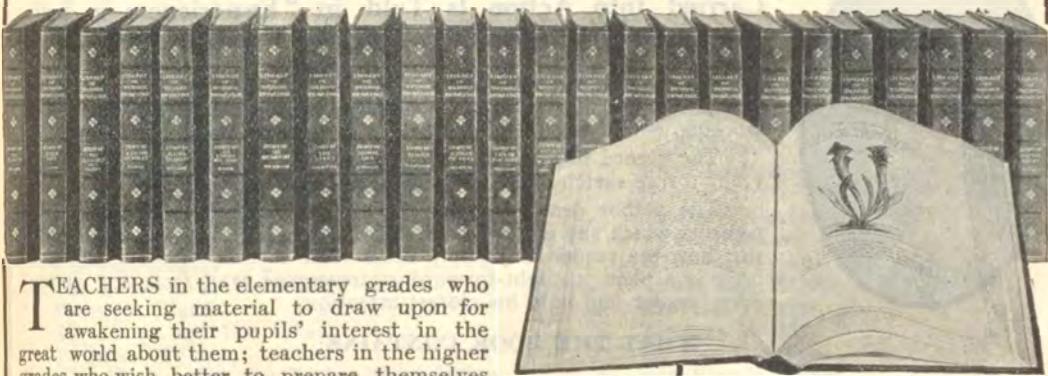
**THIRD:** But why not do still better by us and by yourself? Send in ten new subscriptions to *Nautilus* at \$1 each and have that new

Practical American Encyclopedia that I described in full in this department in the last October issue? If you haven't a copy ask us for our big, two-color circular describing this encyclopedia—and a fine dictionary. This encyclopedia is the most helpful thing we have come across in a long time, 2,700 double column pages with numerous half-tone illustrations and maps printed in four colors on Bible paper and bound in two volumes, flexible leather, each about the size of a large teacher's Bible; so it can be kept at hand on your reading table for instant reference. No other encyclopedia takes its place, and it is the greatest education encourager imaginable. We have two sets of it in constant use, and we don't see

(Continued on Page 62.)

# The Library of Valuable Knowledge

For 20th-Century Teachers



TEACHERS in the elementary grades who are seeking material to draw upon for awakening their pupils' interest in the great world about them; teachers in the higher grades who wish better to prepare themselves for daily contact with active young minds; teachers of all sorts who do not like to stand still, but welcome opportunities to add to their professional equipment and increase their general culture—in short, any bright, progressive teacher will, we believe, be deeply interested in our Special Introductory Offer on **The Library of Valuable Knowledge**, the most comprehensive and interesting set of books that could possibly find a place on an educational list.

To readers of **THE NAUTILUS** we make this Special Short-Time Offer. Fill out the attached coupon and mail to us at once, and we shall be glad to ship to you, on approval, without any deposit—without a cent of expense on your part—a complete set of the 25 volumes of **The Library of Valuable Knowledge**. Satisfy yourself by direct personal examination as to the unusual quality and value of these books and when you have decided to accept them (in 5 days), send us a first payment of \$1.00 down. The balance of the purchase price may be paid at the very low rate of \$2.00 per month. Teachers will find this easy-payment plan thoroughly simple and satisfactory.

## Just the Book for Educators

Every one of these 25 volumes was prepared by a specialist who sorted, sifted, and arranged the scientific knowledge of today, and who not only knew his subject but, at the same time, knew how to present it in a popular and pleasing way. These are some of the most interesting fact-stories that have ever been put into print. It is just as if you were attending a course of lectures where a group of eloquent authorities were explaining for your benefit the wonderful truths they had learned, making all nature speak to you in a new language. You will find that the reading of these volumes will unconsciously stimulate your powers of observation and quicken your imagination. Previous to the publication of these books, it was impossible to get these facts in a reliable and accurate shape without long and difficult study and the consultation of hundreds of works of reference.

### Read What These Teachers Say

#### Charm the Little Folks

"The children use these books more than any other reading and enjoy them immensely. The 25 volumes are most attractive in appearance; the paper, print, and illustrations most excellent." W. B. ATWOOD, Master of Frothingham School, Boston.

#### All in Story Form

"The books are all in story form and written in clear, simple language. Any one can understand them, and those that love them can scarcely lay one of these books down when once they have begun to read it. The books are printed on good paper and nicely bound." E. S. CLEM, Fairmont, (Minn.) High Schools.

### 25 PROFITABLE FACT-STORIES 25

With an introduction by William T. Harris, LL.D., late U. S. Commissioner of Education. By such authors as Grant Allen, Joseph Jacobs, Herbert W. Conn, Edward Clodd, J. Mark Baldwin, George F. Chambers, etc., etc.

1. The Story of the Stars
2. The Story of the Solar System
3. The Story of the Eclipses
4. The Story of the Earth
5. The Story of the Earth's Atmosphere
6. The Story of Germ Life
7. The Story of the Plants
8. The Story of Life in the Seas
9. The Story of Animal Life
10. The Story of the Living Machine
11. The Story of a Piece of Coal
12. The Story of a Grain of Wheat
13. The Story of the Cotton Plant
14. The Story of Primitive Man
15. The Story of Extinct Civilizations of the West
16. The Story of Extinct Civilizations of the East
17. The Story of the Alphabet
18. The Story of Geographical Discovery
19. The Story of the Art of Building
20. The Story of Music
21. The Story of Books
22. The Story of Photography
23. The Story of Electricity
24. The Story of Rapid Transit
25. The Story of the Mind

#### COUPON

TEAR OFF THIS COUPON AND MAIL TODAY

The University Society, (Naut. 7-12)  
New York, N. Y.

In accordance with your Special Offer to teachers, kindly send me, on approval, charges paid, a set of **The Library of Valuable Knowledge**, 25 beautiful volumes bound in half-leather. If the books are satisfactory, I agree to pay you \$1.00 promptly and \$2.00 a month thereafter until \$23.50 has been paid. If they are not satisfactory, I shall notify you.

Name .....

Street Address .....

Town and State .....

School .....

**The University Society** 44-60 E. 23d Street  
NEW YORK

# How One Woman



Changed Her Life and Environment by Thought Force Carried Into Action Is Told in "Experiences in Self-Healing" by Elizabeth Towne.

Just how Elizabeth Towne healed herself of a great many ills, of poverty, of the hurry habit, and other wrong habits of thinking and working, is told in the simplest, most direct way in this little book.

The record begins when the author was only 18 years old. It is really a true sketch of her life for a period of 20 years.

The author describes minutely all the methods, plans, ideas, expedients which she employed in self-healing, and she explains in detail just how the reader may apply these same methods for himself. The book is a plain, straight-forward statement of *vital facts* that interest every reader and hold his closest attention.

## WHAT THE BOOK CONTAINS:

It tells of her early struggles to keep the house spic-and-span and the baby neat.

How she acquired the habit of sticking to things.

How there came into her life a time of darkness when she seemed to have failed in everything and how faith was revived and a way out discovered.

Her first experience in mental healing, according to the methods of Thomas Jay Hudson, and the

wonderful results that followed, so strange and amazing as to be almost unbelievable.

Her many experiments with what Hudson calls the subjective mind.

How she grew the habit of concentration in connection with work and the use of her hands.

How many backsets came and discouragements and finally permanent results.

How she used suggestion and

how you can use suggestion for self-training and the setting of right habits.

Some interesting experiences in quick healing.

The "Ideal Suggestion Through Mental Photography" method of healing and what the author did with it.

Her experiences with deep breathing and rhythmic breathing.

Her experience in overcoming poverty.

## THE NAUTILUS.

### A MAGAZINE OF NEW LIFE.

#### WHAT READERS OF THE BOOK SAY ABOUT IT.

"Never is the writer up in the clouds as many authors are. She is always down to 'brass tacks' and the hard-headed and bitter cynic stops to consider what has been read. He curls his lip a bit and then nods approvingly. This is because it is all vibrating with life, truth and practical ideas—this little book on 'EXPERIENCES IN SELF-HEALING.'"—VEGETARIAN MAGAZINE.

"Your 'EXPERIENCES IN SELF-HEALING' is simply incomparable. Of all the thousands of pages of New Thought literature I have read, not one has appealed to me like your 'EXPERIENCES' as the right thing to send broadcast like the Bible."—MRS. HELEN VAN DEUSEN, Troy, N. Y.

#### PARTIAL SYNOPSIS:

**Primitive Healing**—(Telling How the Author Cured Herself of the Hurry Habit)—**The Darkest Hour**—(How She Learned to Think and Let Go)—**The Dawn**—(How She First Saw the Light of Truth and Found a Principle to Live By)—**Brighter and Brighter**—(How Concentration was Developed)—**Spiritual Tides**—(How to Work With the Tides of Spiritual Forces)—**Just How**—(How Spiritual Activity is Awakened and the Love Nature Developed)—**The Spirit Leads Me**—(How to Get Into Harmony with the Law)—**Quick Healing**—(Several Instances)—**How I Healed My Purse**—(How the Yoke of Bondage to Debt was Thrown Off).

82 pages, paper covers, printed from large, clean type on laid antique paper. SEE NEXT COLUMN.

The Nautilus is the leading magazine of the New Thought or mental healing movement. Practical articles which make for human efficiency, for better health and greater success appear in every number. These articles are by people who have lived and experienced and who know whereof they write.

We now have on hand a large number of most interesting personal experience articles, telling how men and women have dealt with the problems of sickness, of poverty and with numberless other life problems and found a way out.

**Take advantage right now of—**  
**OUR SPECIAL OFFER**  
(To New Subscribers Only.)

Nautilus Twelve Months in Advance	\$1.00
6 Back Numbers.....	
A Copy of "Experiences in Self-Healing" .....	

**All for \$1.00 Now.**

(Canadian postage, 24c extra. Foreign, 50c extra.)

#### THE ELIZABETH TOWNE CO., Holyoke, Mass.

Enclosed is One Dollar. Please enter my subscription for *The Nautilus* for one year and send me as a premium 6 back numbers and a copy of *Experiences in Self-Healing*.

Name .....

and .....

Address.....

# THE NAUTILUS.

Vol. XIV.

JULY, 1912

No. 9.

## CONTENTS:

Editorials,							
Brotherhood, (New Poem),							Elizabeth Towne, 13 to 20
Pathways to Peace,							Ella Wheeler Wilcox, 21
Health Through Right Thinking,							Horatio Dresser, 22
A Prayer, (Poem),							Orison Swett Marden, 25
Reflections,							James S. Carter, 28
The Cell-Minds,							Anne Warner, 28
The Renewal of the Body,							William Walker Atkinson, 30
Courage, (Poem),							Annie Rix Militz, 33
The Grape and the Wine,							Florens Folsom, 36
To Live, (Poem),							Thomas Dreier, 36
How We Taught the Twins Proportion,							M. Van Campen, 37
Views and Reviews,							Ida Elwell Tilson, 38
Netop Notes.							William E. Towne, 39
Personal Adventures in New Thought:							William E. Towne, 42
Adventures in Self-Healing,							
New Thought in a Barren Country,							Florens Folsom, 44
From \$8 to \$300 per Month,							Ida C. Loring, 46
How New Thought Came To Me,							Dr. Mary Gatlin, 47
Departments of Ways and Means:							Emily R. Constant, 48
Things That Make for Success,							
The Family Counsel,							49
The Way the Wind Blows,							51
Little Visits,							53
Anew Books and Things,							54
Nautilus News,							58
							1

YEARLY SUBSCRIPTION, \$1.00.

SINGLE COPIES, 10 CENTS.

Copyright, January, 1911, by The Elizabeth Towne Co.

Published Monthly.

Holyoke, Massachusetts.

Entered at the Post Office at Holyoke as second class mail matter. Foreign postage, 50 cents.

**THE NAUTILUS**ELIZABETH TOWNE  
WILLIAM E. TOWNE

Ella Wheeler Wilcox  
Edwin Markham  
Orison Swett Marden  
William Walker Atkinson  
Benjamin Fay Mills  
Prof. Edgar L. Larkin  
Anne Warner  
Annie Rix Militz  
Edward B. Warman, M. A.  
Horatio W. Dresser

THE NAUTILUS, monthly, \$1.00 a year; foreign countries, 6 shillings, 3 pence, by international money order; to Canada, \$1.25. Foreign money, stamps or postal notes not acceptable. THE NAUTILUS is owned and published by The Elizabeth Towne Co., Holyoke, Mass., to whom should be sent all subscriptions and all correspondence regarding the magazine.

If special receipt is desired for subscription sums less than \$1.00, send self-addressed and stamped envelope or card.

You will save us, and perhaps yourself, a lot of trouble if you will state whether your subscription is new or a renewal.

We will send you a notification when your subscription expires.

Give full name and fullest address in every letter. Send prompt notification of changes of address, giving

## { Editors

These are  
Some of  
The Nautilus  
Contributors  
for 1912-13.

Others  
Coming.

both old and new address. This is most important, for names cannot be found on list unless town and state are given.

We assume no responsibility for copies of NAUTILUS lost through failure to notify us promptly when address is to be changed.

All articles and items appearing in NAUTILUS which are not otherwise signed or quoted are written by the editors.

All articles, poems and items in this magazine are written especially for THE NAUTILUS, unless otherwise indicated; and are protected by copyright. Other publications are welcome to quote from our columns provided credit is given THE NAUTILUS.

The word NAUTILUS is pronounced exactly as spelled, accent on first syllable. Its significance is hinted in the NAUTILUS verse at top of page 17.

## ADVERTISEMENTS.

The publishers of THE NAUTILUS use every reasonable effort to see that only advertisements of reliable concerns appear in its columns. While we cannot undertake to adjust mere differences between advertisers and their customers yet we will make good in Dollars and Cents, the actual loss any paid-up subscriber sustains by being defrauded through any advertisement in this number of THE NAUTILUS, provided you mention THE NAUTILUS when answering advertisements, and that complaint is made within thirty days of the publication of this number, and provided also that you made remittance to the advertiser in such form that it can be traced.

# BOOKS BY ELIZABETH TOWNE, WILLIAM WALKER ATKINSON AND OTHERS

BY WILLIAM WALKER ATKINSON.



ELIZABETH TOWNE.

BY ELIZABETH TOWNE.

**PRACTICAL METHODS FOR SELF-DEVELOPMENT, SPIRITUAL, MENTAL, PHYSICAL.**

160 pages, on antique paper; new half-tone of the author; well bound in cloth; price, \$1.00.

**THE LIFE POWER AND HOW TO USE IT.**

176 pages, well bound in vellum cloth, with autograph picture of author. Price, \$1.00.

**LESSONS IN LIVING.**

The latest book by Mrs. Towne, out October 1, 1910, 185 pages, bound in silk cloth, stamped with special cover design, new portrait. Price, \$1.00.

**JOY PHILOSOPHY.**

75 large pages, bound in purple silk cloth, stamped in gold. Price, \$1.00.

**YOU AND YOUR FORCES, or The Constitution of Man.**

15 chapters, green and gold flexible cover, half-tone of the author. Price, 50 cents. "Full of thought-starters." "In many respects the most remarkable book I ever read."

**HOW TO GROW SUCCESS.**

71 pages, strong paper cover, picture of author; price, 50 cents. "A well of information and help."

**EXPERIENCES IN SELF-HEALING.**

A spiritual autobiography and guide to realization, intensely alive and helpful; price, 50 cents. "A book of strong common sense, lighting up what to many is a path of fear and mystery."

**HAPPINESS AND MARRIAGE.**

Treats of the everyday problems of married life and tells how to solve them successfully. 80 pages, heavy paper covers, picture of author. Price, 50 cents.

**JUST HOW TO WAKE THE SOLAR PLEXUS.**

Paper bound; price, 25 cents. German translation by Bondegger; price, 30 cents. "It contains a FORTUNE in value." "Breathing exercises of great value." "Not only the key but explicit method."

**JUST HOW TO CONCENTRATE.**

Paper, price, 25 cents. "A bugle call to those who sleep." "A power and an inspiration." "So helpful."

**HOW TO TRAIN CHILDREN AND PARENTS.**

Paper, price, 25 cents. German translation by Bondegger, 30 cents. "It is great! Every father and mother should have it."

**JUST HOW TO COOK MEALS WITHOUT MEAT.**

Paper, price, 25 cents.

Any of the above books sent postpaid on receipt of price. Any \$4.00 worth sent postpaid for \$3.50; any \$10.00 worth for \$8.50. All sent postpaid to separate addresses if you like. Order of the publishers, THE ELIZABETH TOWNE CO., Holyoke, Mass.

Say you saw it in THE NAUTILUS. See guarantee, page 5.

**THE MASTERY OF BEING.**

Cloth bound, half-tone of author, 196 pages. Price, \$1.00, postpaid.

**YOUR MIND AND HOW TO USE IT.**

Uniform with the above. Price, \$1.00, postpaid.

**THE PSYCHOLOGY OF SALESMANSHIP.**

Cloth bound, 224 pages, stamped in gilt. Price, \$1.00, postpaid.

**MEMORY: HOW TO DEVELOP AND TRAIN IT.**

Cloth bound, 306 pages, stamped in gilt. Price, \$1.00, postpaid.

**HOW TO READ CHARACTER, or HUMAN NATURE, ITS INNER STATES AND OUTER FORMS.**

Cloth bound, 202 pages, stamped in gilt. Price, \$1.00, postpaid.

**MIND AND BODY, OR MENTAL STATES AND PHYSICAL CONDITIONS.**

Cloth bound, 210 pages, stamped in gilt. Price, \$1.00, postpaid.

**THE MESSAGE OF THE NEW THOUGHT.**

Bound in artistic paper cover, 36 pages. Price, 25 cents, postpaid.



W. W. ATKINSON.

**YOUR CHARACTER,** by Elizabeth Towne and Catherine Struble Twing. 96 pages. Price, 75 cents.

BY WALLACE D. WATTLES.

**THE SCIENCE OF GETTING RICH.**

Bound in violet silk cloth, portrait of author, 155 pages. Price, \$1.00.

**THE SCIENCE OF BEING WELL.**

Uniform with the above; new portrait; price, \$1.00.

**THE SCIENCE OF BEING GREAT.**

Uniform with the above. Price, \$1.00.

**NEW SCIENCE OF LIVING AND HEALING.** Bound in Rhodenden. 100 pages. Price, 50 cents.

**MAKING THE MAN WHO CAN.**

Bound in artistic paper cover, 36 pages. Price, 25 cents.

## SIX SPECIAL BOOKS.

**HEALTH AND WEALTH FROM WITHIN.**

By William E. Towne.

Cloth bound, half-tone of author, 156 pages. Price, \$1.00 postpaid.

**PROSPERITY THROUGH THOUGHT FORCE.**

By Bruce MacLellan.

Cloth bound, half-tone of author, 160 pages. Price, \$1.00.

**PSYCHOCOMA, or Soul Sleep.**

By Helen Rhodes-Wallace.

New Light on self-development. Practical and helpful. Cloth bound. Price, \$1.00. "Selling like hot cakes."

**RELIGIOUS EDUCATION FOR NEW THOUGHT CHILDREN,** by Helen Rhodes-Wallace.

Bound in paper. Price, 50 cents, postpaid.

**THROUGH SILENCE TO REALIZATION.**

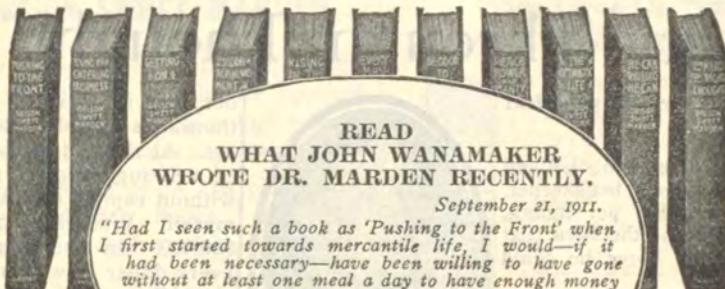
This is the latest book by Floyd B. Wilson, author of "Paths to Power," etc. Handsomely bound, green and gold, 200 pages. Price, \$1.00.

**THE EVERY DAY BOOK.**

Compiled and portions of it written by Suzanne Wardlaw.

A birthday book, "year book" and "every day book" combined. Gives zodiacal sign, precious stones, colors, flowers, musical composers and special sentiment for every month, with appropriate quotation for each day of the year. Heavy finished paper, rich, red silk cloth, stamped in white leaf, 180 pages. Price, \$1.00, postpaid.

# THE MARDEN BOOKS



**READ  
WHAT JOHN WANAMAKER  
WROTE DR. MARDEN RECENTLY.**

September 21, 1911.

"Had I seen such a book as 'Pushing to the Front' when I first started towards mercantile life, I would—if it had been necessary—have been willing to have gone without at least one meal a day to have enough money to have bought your book."

(Signed) JOHN WANAMAKER.

The Marden Inspirational Library Now Complete in  
**12 VOLUMES --- --- 3663 PAGES**

Read these inspirational books by Orison Swett Marden. Let them show you how successful men handle men and things, how they make up for deficiencies in education, how they achieve their aim, double their means, establish their credit, get a foothold in the business world, grasp opportunities, increase their abilities, make an impression on men of affairs—in fact, how they succeed in life.

The most noted men, the most successful business men, statesmen, professional men, educators and executives have these volumes as part of their permanent libraries. Many of them have purchased hundreds of volumes of one or more titles, for presentation purposes to their employes and best friends.

More than a million copies are now circulated all over the world, translated into many tongues. They are used as educational text-books by many countries, including Japan, Germany, etc.

Boys and girls read them, and are spurred to their highest endeavor, urged forward to bring out the very best and to make of themselves the utmost possible.

Ministers, teachers, educators, orators, writers, professional men find them invaluable as ready reference books, teeming as they are with anecdotes and life stories of the world's great successes.

You, too, want them.

## THE BEST GIFT ALL YEAR AROUND

Are you puzzled as to what present you will give a friend? Why not one—or a set—of the Marden Books?

Thousands have attributed their success in life to the reading of a Marden Inspirational Book.

There has been such an insistent demand for a uniform set of these books, especially from parents who wish to start their sons and daughters in life with a Success Library, that, having reprinted several of the older books in a new and revised edition, from new plates, we have now brought out a set of twelve, in three uniform bindings—cloth, silk and leather. The titles of the volumes are as follows: Pushing to the Front; Getting On; Young Man Entering Business; Secret of Achievement; Rising in the World; Every Man a King; Be Good to Yourself; Peace, Power and Plenty; The Optimistic Life—He Can Who Thinks He Can—The Miracle of Right Thought; Self-Investment.

### PRICE LIST.

Set of the twelve books in uniform cloth binding.....	\$12.00
Set of the twelve books in uniform silk binding (pocket edition).....	15.00
Set of the twelve books in uniform leather binding (pocket edition).....	18.00
Each pocket edition set is furnished in a handsome cloth bound box, with gilt lettering and hinged cover, for \$1.00 extra. All sets sent by express collect.	
Single Copies, cloth, \$1.10; silk, \$1.33; leather, \$1.58; each postpaid.	

Write now for special offer and instalment plan on the complete set of twelve (any binding) and also for free 20-page catalogue of all the

### Other Marden Inspirational Books

**Talks With Great Workers** (cloth, \$1.25). **Winning Out** (cloth, 75 cents). **Success Nuggets** (cloth, 55 cents, net). **Choosing a Career** (cloth, \$1.10). **The Young Man Entering Business** (divinity circuit morocco leather binding, thin paper, round corners. Special limited edition, \$1.58). All postpaid.

With your order for three or more of the Marden books (in any binding) we will include, without charge, your choice of one of the following: "The Making of a Man," "How They Succeeded," or "Stepping Stones." The regular price of these books is one dollar.

**Booklets** In white leatherette binding, gilt lettering. **Do It to a Finish;** **Not the Salary But the Opportunity;** **Why Grow Old?** Character (28th thousand); Cheerfulness (31st thousand); Economy; The Power of Personality; Good Manners and Success; The Hour of Opportunity; An Iron Will. Each, postpaid, **35 cents.**

The last seven also furnished in a more substantial cloth binding, at 50 cents, postpaid.

We will be glad to send any of these books on approval, without your being under the slightest obligation to purchase.

MARDEN BOOK DEPT., 29 E. 22d Street, New York City.

ONE  
MAN  
SAYS

# "Worth \$1,000"

## Prosperity Through Thought Force

A thrilling, powerful, practical success book.

This is what Bruce MacLellan did: He was a poor bookkeeper, earning less than \$90 per month, when he got hold of the idea that by using Thought Force he could gain success.

He says: "At the end of first year I resigned my position. Was without money or friends. Within 24 hours an offer of \$100 a month was received and accepted. In six months my salary was advanced to \$150 per month. Two months later my salary was advanced another \$50 per month because I conceived and carried



BRUCE MACLELLAN

out two ideas which netted many thousands of dollars to my employers. At the end of the second year of self-suggestion I resigned and, without capital, opened an office for myself. Was given credit for over \$20,000. In one year I had paid every dollar I owed and was \$11,000 ahead."

His book shows the methods of Success and Prosperity.

This book was written by a man who knows the fight for life. From 7 to 37 he was in constant contact with the business world. His words are sound and practical, because he speaks from actual experience.

### YOU WILL FIND IN THIS BOOK

From debt to modest fortune in 3 years—the author's experience.

About the kind of men who get ahead and why they get ahead.

How to use your knowledge and how to use your force for results.

What it is that attracts success to some men and why others fail.

Why suggestion is a scientific fact and has nothing to do with your faith, and how to use self-suggestion to help yourself.

Why your fortune, or lack of fortune is not the result of chance, and how you can change your thinking so as to get better results.

ELLA WHEELER WILCOX, in the New York American, said: "Among the millions of New Thought works which are flooding the market the VERY BEST, or at least the most simple and logical, is PROSPERITY THROUGH THOUGHT FORCE. Every word is true. Every word has been proven true by hundreds of people living today who have consciously or unconsciously followed these laws."

Why your subconscious mind is a magnet, and how it becomes an operating force which creates health and success.

Concentration, how it can help you in a practical way and how to acquire it.

How Concentration overcomes nervousness and enables the mind to gather strength constantly.

How to study your own mind and develop your weak points.

How to make your thought force bring you greater success in a business way, or to help you get a better position.

The Vital Force of Life and how it acts through the Law of Vibration and its relation to you.

How to use your imagination to reform and strengthen your character.

How to get the right mental attitude which means self-possession, poise and power.

A hindrance to business success and how to overcome it.

Two farmers, each starting with \$70 capital, and what they did for themselves.

What real self-control means to one and how to acquire self-control.

Summary of the ways by which success is gained.

"PROSPERITY THROUGH THOUGHT FORCE" contains 160 pages, is printed from large and very clear type, handsomely bound in cloth. Price, \$1.00.

### THE NAUTILUS.

The magazine that suggests health, good cheer, success to its readers, and helps them, in a practical way, to meet successfully the problems of life.

Ella Wheeler Wilcox, Orison Swett Marden (former editor of *Success*), Edwin Markham, William Walker Atkinson, Mrs. Annie Rix Militz and many others are among our contributors.

Use Coupon.

THE ELIZABETH TOWNE CO.,  
Holyoke, Mass.

Enclosed is \$1.50. Please enter my subscription for *The Nautilus* for one year and send me as premium 12 back numbers and "Prosperity Through Thought Force."

Name.....

and .....

Address .....

Nautilus Twelve Months in Advance  
12 Back Numbers..... \$1.50  
A Copy of "Prosperity Through  
Thought Force" .....

All for \$1.50 Now.

(Canadian postage, 24c extra. Foreign, 50c extra.)

# Self Investment

By DR. ORISON SWETT MARDEN

A brand new book, just out, by Dr. Orison Swett Marden. Tells how to cultivate yourself so as to bring out unused energies and powers and make use of what you naturally possess.

Perhaps you do not yet know the power and inspiration of the Marden Books. They are famous the world over and read in many languages.

Among the famous people who have warmly endorsed these books as having been personally helpful, I find these names:

President McKinley, Theodore Roosevelt, Judge Ben Lindsey, Pres. Huntington of Boston University, Andrew Carnegie, John Burroughs, Blanche Bates, and scores of other world-famous people.

When we find so many men of action endorsing these books, we may be sure they possess something that will be valuable to us.

#### JUST A FEW CHAPTER TITLES.

**If You Can Talk.** (Every young man and young woman should read and re-read this chapter and take its statements to heart and make them a part of his or her life.)

**Personality as a Success Asset.** (Influence of Personal Atmosphere. How to develop a magnetic personality and charm of manner. How to attract business and become a business magnet.)

**How to Be a Social Success** (The art of pleasing others. A mighty telepathic force. A plain girl who became attractive and just how she accomplished it.)

**The Miracle of Tact.** (Tact as an asset in business. What tact is and how to apply it.)

**Education by Reading.** (How to read to achieve. How to work your education up into power. Experience of Gladstone.)

#### The Self-Improvement Habit.

#### Self-Reliance.

#### Mental Friends and Foes.

"**Self-Investment**" contains 315 pages, handsome cloth binding, large, clear print, fine paper, title in gold on front and back of book. Price, \$1.10. Address **WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.**

Say you saw it in THE NAUTILUS. See guarantee, page 5.

# A Self-Filling Fountain Pen

Price Goes Up Next Month

Price Now Only \$1.35



Just press the bulb shown in the center of pen. The pen then fills itself. Bulb is concealed when pen is in use.

No inky fingers.

No wasted time.

Almost as easy to fill it as to dip an ordinary pen in ink.

Pen point is 14k gold, tipped with iridium.

The cost of rubber and of labor has increased. The manufacturers of this pen (the **COMMERCIAL**, formerly called the **AUTOMAT**) recently notified me of an advance in the wholesale price. They have listed it in their new catalog at \$2.00, retail. **My price for this month only is \$1.35.**

You know that I have been advertising this pen in *Nautilus* for years. You can read below what buyers say of the pen, and **my guarantee**.

I have used one of these pens for a long time and I find it writes with almost velvet smoothness and ink does not fail to flow.

## Just Read These!

#### (LOTS MORE IN MY FILES.)

"I herewith enclose remittance for another AUTOMAT. The other three that I purchased from you are all doing good service."—MRS. JENNIE JAMISON, Salem, Ore.

"Kindly send two more Pens, medium points, and find enclosed check."—J. ELIFFT LANGSTAFF, M. D., 19 Seventh Ave., Brooklyn.

"Enclosed find money for which please send me two more Automat pens. They are the best pens I ever saw for the money."—CHAS. PARDUE, Laving, New Mex.

"I wish to order two pens. I like the one I have and my mother and aunt both wish them."—MRS. J. T. NICHOLSON, Omeo, Wis.

#### MY IRONCLAD GUARANTEE.

Compare this pen **IN USE** with those costing 100 per cent more, then if you are not satisfied with it, return to me within 10 days and your money will be refunded.

In ordering specify fine, medium or stub point.

Send \$1.35 NOW and you will soon have this beautiful pen in your hands. Two pens, \$2.50.

#### USE THIS COUPON.

**WILLIAM E. TOWNE, Dept. 1,**

Holyoke, Mass.

I send \$1.35 for your **Self-Filling Fountain Pen** on 10 days' trial. I prefer a ..... point.

Name and .....

Full address .....

# SPECIAL FOR 50c

## How to Wake the Solar Plexus

Some years ago ELIZABETH TOWNE wrote a unique little book along new lines—"JUST HOW TO WAKE THE SOLAR PLEXUS." It met with immediate favor and among those attracted by it was ELLA WHEELER WILCOX. Mrs. Wilcox gave the book a flattering review notice in which she said: "IT CONTAINS A FORTUNE IN VALUE IF YOU PRACTICE THE EXERCISES GIVEN."

This odd little booklet teaches that the Solar Plexus is a center or storehouse of life, power, or energy; that when this center is aroused to activity through deep breathing and other exercises it radiates nerve energy to the whole body. The booklet contains breathing exercises of great practical value. It will help to outgrow fear, anger, hate, worry and to develop concentration.

Mrs. Blanche C. Martin, Instructor in a prominent girls' school, writes: "I have used your little booklet as a text-book on thinking and breathing, and the pupils look upon it as a revelation. They put it into practice, too, and send the booklet to friends and parents."

Mr. R. J. Hughes, Lynchburg, Va., writes: "I have received from the practice of its teachings more peace and joy and happiness and health than from all other sources combined. I regard it as the greatest inspirational booklet ever written."

Nearly 100,000 copies sold.



year.

## The Nautilus

A remarkable Personal Experience is coming soon in NAUTILUS. It tells how a man doubled his capacity for work and gained 15 lbs. in weight, all the time fighting severe nervous trouble.

Then there is WILLIAM WALKER ATKINSON'S great series. First two now ready to set in type: "SIMPLIFIED SELF-HEALING" and "HUMAN ENERGIES."

Men and women who have been right up against the hardest problems of daily living, ill health, poverty, inharmony in the home, etc., will tell how THEY SUCCEDED. Watch the Special Symposium articles.

**The Nautilus** is edited by Elizabeth Towne, whose editorials are a feature of every issue. Price of **Nautilus**, \$1.00 per year.

### VERY SPECIAL OFFER.

(To New Subscribers Only.)

Send 50c now with your name and address and we will send you—

**Nautilus** 6 mos.,  
6 back numbers,

**How to Wake the Solar Plexus.**

All for only 50c if you send NOW. Use coupon if you wish.

THE ELIZABETH TOWNE CO.,  
Holyoke, Mass.

For enclosed 50c please send, as per your special offer, **Nautilus** 6 mos., 6 back numbers and "How to Wake the Solar Plexus."

Name .....

Address .....

## If You Take Nautilus

You Will Be Interested in American New Life  
Thought Force For Success      American New Life

By ELIZABETH TOWNE

Power is gained by control and direction of the emotional nature. How to develop power for success is told in "Thought Force for Success."

No matter what your environment you can build character and character is the magnet that attracts success.

This little booklet tells how to gain the most from your present environment and grow into better conditions.

It is a book for you today.

TO WILLIAM E. TOWNE, Dept. 1,  
Holyoke, Mass.

Here is 15c. Please send AMERICAN NEW LIFE one full year and a copy of "THOUGHT FORCE FOR SUCCESS." I am a NEW subscriber.

Name .....

Address .....



less than regular retail prices.

Dr. Derolli, the Boston Astrologer, has a department in every number of AMERICAN NEW LIFE, wherein he gives daily predictions telling what days are good, according to Astrology, for business, travel, social intercourse, asking favors, etc. **Take advantage now of this Special Offer** (new subscribers only).

Send 15c NOW for AMERICAN NEW LIFE (printed quarterly) one year and "Thought Force For Success," by Horatio Dresser.

Say you saw it in THE NAUTILUS. See guarantee, page 5.

Elizabeth Towne talks in the latest number on "Each Work in Its Place is Best." There are four or five pages of short, snappy "Points" on a great variety of subjects.

There will be some new book announcements that will interest you—some new books by William Walker Atkinson are just out and will be noticed.

In American New Life you will often find a bargain in books that will save you ten times the price of a yearly subscription. We often advertise review copies of brand-new books at much

# Stop Forgetting!



Prof.  
Henry  
Dickson

America's foremost authority on Memory Training and Principal of the Dickson Memory School, Auditorium Bid., Chicago

## Forgetfulness—the Cause of Man's Inefficiency Perfect Memory—The Key To Success

A man's best possession is a perfect memory because the secret of business success depends quite as much upon a well developed ability to retain a vivid memory of perceptions and experiences as it does upon "hustle." In social life a good memory is the fundamental pre-requisite to brilliancy in conversation and the confidence of our acquaintances. Good memory is the stepping stone to responsible, honorable, high salaried positions, and without the ability to remember, you can never hope to make good. A good memory, however, is not a gift—peculiar to some few—it is the result of training—you can acquire it.

## The Dickson Method of Memory Training Will Make YOU "Forget Proof"

*Ten minutes a day of your spare time will give you this training and not interfere with your work in any way.*

My course is not a theory, but a purely and absolutely scientific method of easy practical home lessons which anyone can readily understand and master. It is the result of many years of personal contact with thousands of students as their instructor in leading schools and colleges, searching their developing minds for means of strengthening their memories. My method of memory training enables you to classify impressions, ideas, names, facts and arguments without effort—trains you to think on your feet—to overcome self-consciousness and bashfulness. My system of memory training has transformed thousands of failures into successes—it will make you "forget proof."

### De Luxe Book of Facts, "How to Remember", Absolutely Free

It explains clearly the course that has raised thousands of men from failure to great successes. My free book is the first step. Don't delay. Age, education, vocation or place of residence makes no difference.

Mail the Coupon or Postal Today.

### How To Get A Free Copy of This Valuable Book.

"How to Speak in Public," De Luxe edition handsomely illustrated, richly bound. Is exactly suited to meet the needs of the man or woman who desires to be a successful public speaker. The price of this 1912 de luxe edition is \$2.00. Write today and learn how to obtain free copy.



### Mail Coupon! Before You Forget

Prof. HENRY DICKSON, Principal,  
Dickson School of Memory, 888 Auditorium Bid., Chicago  
Send me free Books—"How to Remember," also full particulars how to  
obtain a free copy of Dickson's "How to Speak in Public."

NAME .....

ADDRESS .....

## The Efficient Life

*the only Life that counts. Do not fail to read Dr. Latson's fascinating, helpful work.*

### The Attainment of Efficiency Through Rational Methods of Developing Personal Power.

BY W. R. C. LATSON, M. D.

This work indicates the avenues that lead to efficient and successful living and should be read by all who would reach their best and attain to their highest ambition in business, domestic or social life. Here are some of the chapter headings:

How to Live the Efficient Life—Mental Habits and Health—Secret of Mental Supremacy—The Nobler Conquest—Firmness One Secret of Power—The Power of Calmness—How to be an Efficient Worker—The Attainment of Personal Power—The Secret of Personal Magnetism—How to Increase Vitality—The Prime Secret of Health—The Conquest of Worry—The Attainment of Success—The Way to Happiness—The Attainment of Endurance—Secret of Rest—Sleeping as a fine Art.

Each of these Chapters is a lesson full of practical suggestions that will prove invaluable to the reader. Bound in Cloth, \$1.00. A very handsome paper-bound edition, 50c. If you mention Nautilus will send Health Culture (\$1.00 a year) this month Free.

Address: MRS. E. L. Q. LATSON,  
401 St. James Bldg., New York

## Sell Your Stories

The Editor of Lippincott's Magazine, Dr. J. Berg Esenwein, in his Short-Story Course of Forty lessons, will help you to give your stories the correct form and detail which only training makes possible.



Dr. Esenwein.

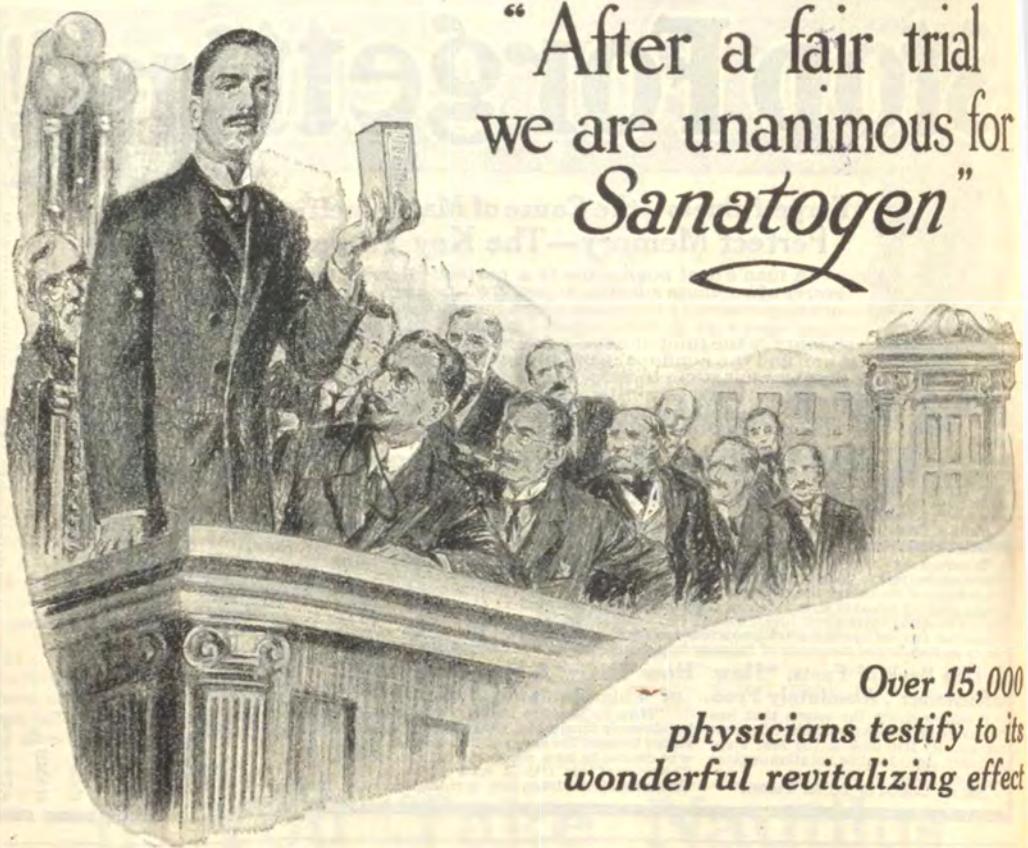
Story-writers must be made as well as born; they must master the details of construction if they would turn their talents to account.

May we send you the names of students and graduates who have succeeded? And the success their letters prove is practical. It means recognition, accepted manuscripts and checks from editors. Let us send you our 250-page Catalogue.

(Mrs.) Sallie P. Harrison of Tazewell, Va., says: "My first effort at short-story construction, done as a part of a lesson in the Home Correspondence Course, was accepted by a leading fiction magazine and I have been asked to do more along the same line. I am greatly indebted to the H. C. S."

We also offer a course in Journalism, taught by Ernest Newton Bagg, formerly literary editor of the Boston Globe; and in all over One Hundred Home Study Courses, many of them under professors in Harvard, Brown, Cornell, and leading colleges. Please address

**THE HOME CORRESPONDENCE SCHOOL**  
Dept. 441, Springfield, Mass.



*Over 15,000  
physicians testify to its  
wonderful revitalizing effect*

**C. H. Stockton,**

Rear Admiral U. S. Navy  
and President of George  
Washington University,  
writes:

"Some time ago my physician  
recommended Sanatogen to be  
used in my family. After giving  
it a fair trial, I am thoroughly  
convinced it is most excellent  
for the nerves and a most invigorating  
food tonic."

**Prof. C. A. Ewald**

of Berlin University, Doctor  
honoris causa University of  
Maryland, states in his con-  
tribution on "Typhus ab-  
dominalis":

"I can say that I have used  
Sanatogen in a great number  
of cases (that is, in those dis-  
turbances of metabolism which  
were mainly of a nervous or  
neurasthenic origin), and have  
obtained excellent results."

"After a fair trial"—that is the basis of the unexampled verdict in favor of Sanatogen, the food tonic.

A fair trial by 15,000 practicing physicians who, over their own signature, commend and specifically comment on the powers of this remarkable food tonic—as revealed in their practice and in their own individual experience.

This remarkable endorsement is thus the best possible evidence of what Sanatogen has actually accomplished in rescuing nerves that have been wasted by illness, anxieties or the strain of an active life.

Nerves respond to the help of Sanatogen because the scientifically combined elements of this splendid food tonic supply to the nerves the very nourishment their exhaustion demands. Sanatogen is a true food—the true food—for hungry, exhausted nerves.

Do not the needs of your nerves find a reassuring answer in the verdict of the great group that has honored Sanatogen? Does it not suggest that YOU should give it a "fair trial" in the interest of that highest blessing—perfect health?

**Write for a Free Copy of "Our Nerves of Tomorrow"**

The work of a physician-author, beautifully illustrated, which tells you some really interesting things about your nervous system, facts which vitally affect your well-being and which therefore you ought to know. This book also tells the story of Sanatogen convincingly from the point of view of a physician, but so that any layman can understand it.

**Sanatogen is sold in three sizes, \$1.00, \$1.90, \$3.60**

*Get Sanatogen from your druggist—if not obtainable from him, sent upon receipt of price by*

**THE BAUER CHEMICAL CO.**

34-B Irving Place, New York

"Build thee more stately mansions, oh, my soul!  
 As the swift seasons roll!  
 Leave thy low-vaulted past!  
 Let each new temple nobler than the last,  
 Shut thee from heaven with a dome more vast,  
 Till thou at length art free,  
 Leaving thine outgrown shell by life's unresting sea!"\*  
 —Holmes' "The Chambered Nautilus."

## The NAUTILUS MAGAZINE



*Self-Help Through Self-Knowledge.*

MONTHLY  
One Dollar a Year.}

JULY, 1912.

{ VOL. XIV  
No. 9

## EDITORIALS



### *The One.*

ALL your troubles come from setting your *dammed little I* against the Great I of the universe.

Setting the individual will against the Great Will makes the cross, and the condemnation, of the individual.

Say, Thy Will be done, and get in line. And behold, the cross disappears, the damned feelings break loose in a flood of tears, and then—*Peace*.

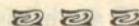
"Peace like a river." LET God's will flow through you in peace.

In all your ways acknowledge the Great I and He shall direct your paths.

All His ways are ways of pleasantness and all His paths are paths of peace and prosperity.

Be still and know.

Accept all, do all as unto the One who is all and in all.



### *Man, Woman and Business.*

ACCORDING to tradition woman was made for a helpmeet to man. In other words, when God had finished making man he found him incomplete, unable to exercise his dominion over the birds of the air and the beasts of the fields, and the winds and the waves and

the law of gravitation, without somebody to help him do it.

God got a little too much dust in Adam's make-up. He turned out a bit too material, too given to facts and reason, too hard-headed and stony hearted.

So God made woman to soften man's heart, quicken his brain, and help him increase and multiply and replenish the earth, subdue the earth, and make it blossom as the rose, for the benefit of all the people on the earth.

Wherefore the chief business of man is business.

He must subdue himself and devote himself to some good business that will help the world at the same time it brings in bread for himself and his helpmeet.

The wife's chief business is to supply the HEART that man must have in order to do his best with his part of the world's business. The love of a woman softens the heart and vitalizes the head of that man in whose mixing God spilled a little too much dust.

The right woman softens and inspires a man to his best work. He puts heart and soul into his business for her sake —her heart and soul making alive his



## EDITORIALS

BY A. ELIZABETH

own, and both functioning through his head to get done his share of the business of the world. The business of Building a Bigger, Brighter, Better world for men and women to grow in.

Men and women grow by subduing themselves and devoting themselves to the making of a Bigger, Brighter, Better World. This is the Divine Order of Self-Expression.

*The Exceptions.*

**A**ND the proof of it is that there are exceptions. Some women are the men of the family, and some men are the women. But the Divine Order remains the same when he wears the petticoats and she the pants.

The chief thing is that the man and the woman recognize that the serious business of life is his business and God's business. And that man and woman grow *together* as they subdue themselves and devote themselves to the man's business, which is God's business.

The man who keeps his business from his wife is shutting off his chief source of inspiration and advancement in business.

The woman who doesn't recognize man's work as the serious business of both their lives, is gendering worms in the bud of her happiness and dry rot at the root of his business. The end is dust and ashes. Worse than man's beginning with too much mud in his make up.

Vanity, all is vanity, says the preacher.

Business, all is business, says the man.

Love and attention, love and attention, all is love and attention, says the woman.

Love, Love, all is Love, says the wise Man-and-Woman, who have found themselves and each other.

And behold in such there is no vanity. There is only truth, which is the life of love. And the man and the woman sing in each other's hearts forever.



*Hints for Self-Culture.*

**A** THING that will help you immensely in command of language and ease of deportment is the reading aloud of good books. Pick out the best literature you know—Emerson, for instance—and read aloud to yourself, or to others.

Make a practice of seeking the acquaintance of persons who are highly cultured and use the best of language. Don't try to do this all the time—from the snob and the toady good Lord deliver us!—but follow the suggestion of a bright young man whom I know, who makes it a business to hunt out and talk with at least one great man or great woman every week. This is not easy to do—it is much easier to let people seek you. It is easy to associate with those who come to you of their own accord. And this, of course, is good for you—and for them. Possibly some of those persons are seeking you in exactly the same way in which I am advising you to seek the acquaintance of others who are to you the best and greatest you can reach.

This doesn't mean that you are to seek the same great person every time—don't make yourself a bore. But make it a practice to seek an interview with the greatest person you can get into touch with, or attend the best educational lec-

# EDITORIALS

BY ELIZABETH

ture you have access to, at least once every week. And when you go home, think over the things that you heard, express them to yourself—not in the language of the other person, but in the best English which you are able to use *without hesitating*.

If you want to increase your vocabulary make a business of learning one new word every day, carrying that word with you and building it into hundreds of different sentences, using it in every possible sense, and in the best English at your command.

Commit to memory sentences in literature—you usually can find such sentences in Webster's unabridged dictionary given right along with the definition—commit these sentences to memory and say them over and over and over to yourself. In this way you make the new word a part of yourself; and you will soon find it cropping up *naturally* in your conversation.



### *Investment vs. Spending.*

HERE is a man who asks "Is it possible for one person to gain wealth (money) without impoverishing another, at least indirectly?"

Most certainly. It is not the quantity of money on hand which makes a man wealthy, BUT THE QUANTITY OF MONEY WHICH HE CIRCULATES INTELLIGENTLY. The only way to gain wealth is to spend money wisely. If I pay out \$1.00 for a worthless thing I have impoverished myself. If I pay out \$1.00 for that which to me is worth the full dollar and more, I have enriched myself.

There is a difference between spending money and investing money. To

spend money is to pay it out unintelligently, for things which bring diminishing returns and leave a bad taste in the mouth. To invest money is to pay it out for something which brings lasting satisfaction. And this lasting satisfaction one grinds up every day into more money.

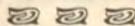
For lasting satisfaction is the joy of living, and joy in living fertilizes one's originality and multiplies his power for doing.

I may invest \$5.00 in a fourteen course dinner, and the result is indigestion and loss of power. I may invest \$5.00 in a book and gain from it suggestions and inspirations which enable me to make a thousand dollars. In the first case I have *spent* my money, gaining nothing in return. In the second case I invested it wisely and in the paying out of the money I gain wealth, mental, spiritual and material.

And the man who sold me the book, along with the rest of the world, comes in for the blessings radiated from the center of satisfaction.

My neighbor might pay \$5.00 for the same book and from it gain a mental indigestion with consequent dissatisfaction. That dissatisfaction would rain curses on the head of the salesman.

All of which reminds me of what Emerson said—"Every man takes care that his neighbor shall not cheat him. But the day comes that he begins to care that he do not cheat his neighbor, then all goes well."



### *The Suttee in India and America.*

I have received one or two exclamatory letters in relation to my edito-

# EDITORIALS

rial in the April number of *Nautilus* in regard to the Hindu widows and the custom of suttee. One man says, "I was much interested in what the yogi said to you in regard to Hindu widows. But I got a very different impression of them from a lady who gave a lecture here in Santa Barbara."

My editorial was not intended to defend the East Indian suttee as anything less horrible than it is. It was intended to show that Americans who sweat the poor and spend enormous sums for their own self-aggrandizement are exactly as horrible and inhuman as the East Indian families who compel a man's widow to immolate herself for the glorification of the man's family. It is not a question of the suttee being less horrible, but of the American custom of grinding the face of the poor to make display for the rich being just as horrible, if not more so.

Down with the East Indian suttee! The enlightened East Indians are themselves opposed to it.

And down with the American forms of suttee: child slavery, white slavery, sweat shop, contract prison labor and peonage in general.

The American suttee is more horrible than the East Indian, just in proportion as a slow lingering death by sweating and starvation, mental and physical, is more horrible than quick death on a funeral pyre.



### *Federations, Conventions and the Individual.*

**T**HOMAS J. Shelton flouts our federation ideas in his *Christian*, and I answer like this:

What good is a universe full of "individuals?"

Individuals have to federate and co-operate, or they are of no use to themselves nor the world.

In your article you practically acknowledge this without knowing it, when you say that if you had to do it over again you and Blanche would never keep house, you would go about from city to city. What would you go about for, pray, if not to COME INTO TOUCH with other individuals?

Shut up in your Denver home you go stale and you have to go and live in New York for a month or two to get freshened up a bit.

If you had it to do over again you would be footloose and you could keep moving like nomads for the express purpose of keeping freshened.

Very well. And federations and conventions are to meet that same need for moving around to touch other human beings. Why not keep your home in Denver and just get up once in a while and go to Chicago, or Los Angeles, or Boston, or some other place, at the same time a whole lot of other people are leaving their homes and going to the same place, all bent on meeting other individuals, radiating to them, and learning from them and working with them *for the enjoyment and enlightenment of all?* Then back to your tub in Denver, for a rest and more work.

Even Diogenes went a hunting for another human being with whom to exchange ideas and love.

The world is for the individual, yes.

But also THE INDIVIDUAL IS FOR THE WORLD.

This is one thing you haven't yet



# EDITORIALS

BY ELIZABETH

learned. The world has been millions of years evolving the individual. The individual is the result of competition, of division, of getting as far as possible away from the I AM. But now, having developed the individual, the I AM is bringing individuals together to work for the glory of all from the greatest even to the least.

Get in line, Thomas.

I could write miles on this subject. If I ever find time I am going to write a book on it. But nuff sed just now—this is my busy day.



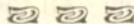
### *Practical World Peace.*

**R**EAD in *Current Literature* for June, or in *Technical World* for May, "A World's Department of Agriculture," describing the splendid work of David Lubin, by nativity a Pole, by religion a Jew, by adoption an American, who through raising wheat in California came up against the riddle, "*Why don't I get more for my wheat?*"

He went on a quest that solved that riddle and he carried its answer to kings and parliaments, convincing them and impelling them to the Parliament of Man, the first Federation of the World, through which the Crop of Information Trust with headquarters in Liverpool has lost much of its power. The world is no longer entirely at the mercy of speculative cliques, for the World Parliament gathers the crop information and makes it public in the interests of all the world instead of allowing Liverpool to manipulate the information in the interests of stock speculators.

Forty-four nations have co-operated to establish this World's Department of

Agriculture. This marks an epoch in World Peace that no New Thought person should fail to know about.



### *Answering the Child.*

**I**F you ever satisfy the questions of a child you will have to develop your imagination. Fairies are *Thoughts*, of course. There are fairies, plenty of them, good and not good ones. Thoughts of love and kindness and helpfulness are bright fairies that make us happy; while cross and unwilling thoughts are dark and heavy and lie like lead in our hearts. Of course. And the probability is that some day we shall all be developed to such a fine state of clear-seeing that we can see the thought-fairies.

As to death, it is the emergence of the human "worm" from the chrysalis into the butterfly stage. Nobody can prove it, but we *want* it to be so, and anything desirable or thinkable is possible of achievement. Desire is the prophecy of its own fulfillment.

As to where we come from, that is another case of the worm and the butterfly. When we get ready we come out of the cocoon and begin to grow.



### *The Child and the Sunday School.*

**A**S to Sunday School, I believe it is a splendid thing to grow up in the church—provided one outgrows it later. I wouldn't take Sunday School away from a child unless I could give it something better in its place. Every story in the Bible has its spiritual application. If the Sunday School teacher is materialistic she will only set the


**EDITORIALS**

BY ELIZABETH

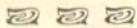
child to wondering and he will come to you with his questions; which will give you the opportunity to make the spiritual application. All things in the Bible are true in THE SPIRIT—in the thought realm, whether they were ever true in a material way or not. And whether they are true or not materially, is immaterial. The truth is that the Bible is full of stories which illustrate spiritual truths of character building. Find the spiritual truth and help your child to find it.

Edwin Markham lets his young son hear all sides of a question, including his father's view; and then he asks his son what *he* thinks about it. And he keeps impressing it upon his son that it is what *he* thinks about it that counts for righteousness with him, not what anybody else thinks about it! And he helps the boy to carefully separate Authority from Truth. He reminds him that things are not so because some great man says so; that the greatest man that ever lived might make mistakes in thinking—mistakes which would be discovered by people in future ages. He tells him about Galileo and how he had to recant the truth he had discovered; and how the world now accepts that truth because it knows more than the people who lived in the time of Galileo. He explains to his son the evolution of the race.

He teaches him also the evolution of the individual, showing the child that he himself is learning to think, by thinking; that his reasons and judgments of today may change when he is a few years older; that by thinking he develops the power to think still better, and that by thinking he grows tall mentally

so that he can see farther and more clearly, just as by eating and exercising his muscles he grows taller and stronger in body. He teaches the child to listen to the Voice of Good within himself and to follow that voice, in action and in thought. He teaches the boy to keep square with that voice of good within himself.

When the child asks you a question that you cannot answer, reverse the question—ask the child to tell you what he thinks about it. And see that you treat his thoughts with respect, even though you may refute them.



*Another Revelator—Nein!*

I received the other day a letter from a man who wanted to come and see me. By way of introduction he enclosed two booklets which he publishes. On page 11 of one of them in black faced type appear these words: "No other teacher on earth, outside of (naming himself) can, or has ever revealed the mysteries of God since Jesus Christ once revealed them to all men."

The next page of the booklet is headed thus:

"**SAYINGS OF A WISE MAN**  
*According to (naming himself),*  
Who Represents Your Soul Divine  
Self."

This was my answer to him:

Don't come to see me. I am too busy to waste time on a man who knows it all! You see, I am a woman who knows a few things herself. One of the things I know is that you have no corner on truth any more than I have, or John Alexander Dowie had, or that man up in

# EDITORIALS

Maine that just went to prison for letting a lot of his followers die of exposure.

The only thing one man can do for another is to point the way to the Christ within. You don't know the way to the Christ within me any more than John Brown or Peter Smith does. You might be able to give me a few suggestions, that is all. I might follow out your suggestions and find the Christ within, but that wouldn't make you any more of a divine revelator than I am myself, or John Brown or Peter Smith. It means that we are all human beings ON THE WAY to realization of ourselves as one with God. But you haven't realized all that you are, any more than any other man has. And your assumption of all knowledge shuts you off from further learning either through association with persons you meet or through reverent communion with the One Spirit.

The sentences quoted above make me feel that you are like a man marooned on an island spouting nonsense to the winds, hearing nothing but the mad dashings of his own loud voice; receiving nothing from his fellow men; a man cut off from humanity and God by his own ignorance. A man cut off by his assumption that he knows it all.

It is my experience that a man's wisdom is in inverse ratio to his assumption of Authority.

You see, that cuts me off from you no matter what you are or are not, so it would be useless for us to waste time on each other.

But I know you are one with the One God and that he won't let you rest until you work out your own salvation.

The beginning of salvation is true

humility—the humility of the little child that is ready to learn from anybody and anything, that doesn't think he knows it all. Nevertheless I have only kind feelings for you. I speak the truth as I see it and you can take it or let it alone—just as you are able. If I am wrong I shall know it in time.



*Going to the Poorhouse.*

**T**HREE are a great deal worse things in this world than being poor. And if one has lived a long and useful life and then becomes poor and cannot take care of himself, it is the duty of the state to take care of him.

There is no necessity for being ashamed of being a state charge. And it wouldn't be half so bad to be a state charge as it would be to get money by begging.

It wouldn't bother me at all to go to a poorhouse. I would go in and make my own part of the institution a model of cleanliness and sunshineness, and I would radiate just as much loving-kindness as I possibly could on those around me.

You can earn your way in a poorhouse, just as well as you can outside.

Of course you can't do it by trying to *make* everything come *your* way—you can do it by being kind and sympathetic and by helping things come other people's ways.

The time is coming when poorhouses will be nicer and not so dreaded as they are now; when it will be considered the normal thing for the state to take care of persons who have grown old in usefulness without amassing wealth.



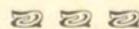
In time to come we shall see the evolution of the poorhouse into the respectable county boarding home for the family-less.



#### *Attracted Opportunities.*

YOU say that all the men who have been attracted to you were younger than you. This is well, since you are such a very sedate and self-contained and aged young person. Why don't you get interested in the nicest young man you know of and help him to develop himself until he is a marriageable sort of person! I have known more than one woman to bring up her own husband. And usually they make the nicest kind of husband, too.

All you desire is yours—go in to win, believe, and receive.



#### *When Two Are Not Joined.*

WHEN two persons are unhappily mated, when their differences seem fundamental, and adjustment hopeless, they should release each other promptly and let each go forth to seek happiness in another union.

I believe that divorce should be just as easy as marriage—perhaps easier.

I once heard an attorney say that a divorce should be granted immediately without further inquiry into the causes, whenever either party to a marriage made the request for it. At the time I thought the statement rather radical, but I have come to think it the only right way. If divorce were made easy a great many persons who chafe against wedlock would resign themselves to it and live

comfortably; persons who at the present time are fighting against their marriages simply and solely because they feel that marriage is a bondage.

Persons who are happily married are the poorest judges in the world of the fitness of divorce. Having had no experience whatever in unhappy marriage, they cannot conceive the conditions that make divorce necessary.

To all such I recommend Jesus' admonition—judge not lest ye be judged with that same judgment with which ye judge others. Judge not, lest by so doing you make the conditions which bring you into the very same experiences you are now misjudging.

The habit of critically judging and condemning the actions of others is one that will eventuate in an attitude of mind that will certainly attract unhappy experiences to one's self.



#### *Prove Up Your Desires.*

STAND up squarely on your own feet, and use your own backbone, and follow your desires.

But use all the ordinary precautions to prove up your desires step by step.

Desire, or intuition, is that which leads us into new fields.

Reason is that which proves it and keeps us from getting into undesirable new fields.

Follow your desire and use all the ordinary precautions of reason, without being in the least afraid.

Fear is only moral and mental cowardice. Defy it and seat it.

Follow your faiths and not your fears.

## BROTHERHOOD

By ELLA WHEELER WILCOX

WHEN in the even ways of life  
The old world jogs along  
Our little colored flags we flaunt;  
Our little separate selves we vaunt;  
Each pipes his native song.  
And jealousy, and greed and pride  
Join their ungodly hands,  
And this round lovely world divide  
Into opposing lands.

But let some crucial hour of pain  
Sound from the tower of time,  
Then consciousness of brotherhood  
Wakes in each heart the latent good  
And men become sublime.  
No swarming insects of the night  
Fly when the sun bursts in,  
Self fades before loves radiant light,  
And all the world is kin.

God, what a place this world would be  
If that uplifting thought,  
Born of some vast world accident,  
Into our daily lives were blent;  
And in each action wrought.  
But while we let the old sins flock  
Back to our hearts again,  
In flame, and flood, and earth-quake shock,  
Thy voice must speak to men.

*Written for The Nautilus.*



## PATHWAYS TO PEACE

By

HORATIO W. DRESSER



*The Inner Source of All Peace—  
Peace the Result of Adjustment—  
The True Insight Which Brings  
Peace—He Who is Master at the  
Center is Master of the Whole Life.*



THE first great discovery in the search for peace is that it can only be found within. To some this means too much emphasis on the subjective, and this seems wrong when there are many people in distress in the world. But one need not remain self-centered who finds inner peace. More frequently the objection means that one is unwilling to look his own presentment in the face to see why one is not at peace. The more insistently the frictions of life produce their wearying effects upon us, the more plain it should be what genuine peace is in contrast with this external warfare. Resorting to one device after another, exhausting the possibilites of the external world, turning from society in despair, some are driven by sheer necessity to seek peace within. This reaction need not mean pessimism or renunciation of the world; yet to a degree he alone knows

what peace is who realizes the hollowness of many mundane things, hence by contrast the blessedness of heavenly wisdom. Some know peace only when they have wandered far and found it not, until at last it is discovered at their own door.

But it is not always when we turn from the world that we find peace. There are times when to mingle with the throng in the busiest thoroughfare is the best way to come to oneself, hence to find the calm inner center. Today I find peace on the lonely pine-clad hill; but another time it is the sea with its magical influences that brings it to me. No sooner do I set foot on the shore than I seem transported into another world, from which I view my troublous days in calm perspective. Such seasons of meditative recuperation send us back with new joy in the mere fact of existence in this splendid world. They show us that we are not as miserably placed as we thought, never far from friendly succor and protection. They restore lost fragments of our selfhood, making us whole again, and to be whole is to count life a blessing in all its forms.

Again, it is not nature which thus assuages our pain, but the friendliness of a congenial household, genuine in its hospitality, inspiring kindness, gentleness, love, uniting all within its portals in a spirit of good fellowship and cheer. It need not be an externally quiet home, where one interest is supreme. It is more likely to be one in which vital issues are attaining solution amid the discussion of diverse points of view. But it is a home in which a man of insight lives, one who sees through process to ends; or where a woman presides with serenity over the household, turning the commonplace into beauty, and spreading a sweet effulgence over all. Indeed, peace is seldom mere identity of inter-

ests, or a state of harmony maintained at any cost. They are most truly at peace who are advancing. Happiness is undoubtedly an accompaniment of it, hence it implies harmony at some important point; yet *peace is rather the fruition of adjustment than of contentment*. Those who inspire it see their way through the emotional life into the quieter joys of the heart, and have in a measure passed beyond mere enthusiasm and zest into a condition that is well-founded in the understanding.

The hour in which we analyze these matters is never more than a means to an end. When at peace we are absorbed in efficient performance that gives genuine satisfaction. Hence we know that many fellow mortals will never find something to do with heart and hand. Their very restlessness is a sign that they must be productive, giving progressive expression to the life that stirs within them. Consequently we realize afresh that no one shall give us peace except ourselves. The consolation of the best religious creed means little until we think. The cataclysms that make atheists of some men establish the faith of others. The man of peace knows what information he may rightfully expect when death sunders him from his dear ones. To be at peace is to be willing to be the person one truly is, no longer endeavoring to be some other self.

In a supreme sense peace is the gift bestowed on those who have really found God, and who, therefore, know what heaven is, what life may become through obedience to divine law. In this sense it is indeed the goal of all merely finite endeavor, the end of all restlessness, our inability to find contentment in the external life of the age. Hence it is simplicity itself, the centralizing power that renders us at home in the cosmos, no longer looking for an ideal world more

perfect than the one in which it is our privilege to live. For this insight shows that the cosmos truly is moral, despite the apparent injustice which makes men question whether God be God. Furthermore, the realization that we are all members one of another in an order that cannot be outwitted, in a beneficent system by whose forces virtue can conquer, is by this insight made a unit, a person, in a new and profounder sense. Yet the insight can never be regarded as complete unless it involve a conviction regarding the actual processes at work in human society, unless God be found with, not apart from the striving world.

That is, the gift of peace is not that of a change of heart alone, but is bestowed by deepening experiences and insights which show that the universe is one. A change of heart and creed may bring peace that lasts for years, yet doubts may intrude, followed by years in which this peace is mainly a memory. An experience which brings peace this year may be a source of misery the next. What is needed is a discovery of the unity of the self which reveals the unitary system of the world, enabling one to contemplate with equanimity the alternations of life's contending forces. The peace that surpasses understanding can hardly come until we possess understanding.

Some would say that the ideal representative of peace is the person of placid face and sweet serenity. But such placidity may be largely temperamental, may never have been greatly disturbed. Faith is a source of peace, but faith has degrees, and must endure the tests of tribulation until it be transmuted into reason. Serenity implies most of the elements of peace, however, involving the absence of anxiety in regard to financial contests, domestic difficulties, and other struggles of the world. The interior conflicts that keep us from being

serene are the real disturbers of our peace. Serenity also implies freedom from morbid self-consciousness, self-centered loneliness, the eccentricities of a peculiar temperament, and the exasperating contests of belittling subjectivity. The cure for all these disturbances of the inmost selfhood is the consciousness which lifts one into a large world of faith, and to know that world is to experience true serenity. He who is master at the center, serene amidst circumstances which would ordinarily be wearying and depressing, is in a sense master of the whole of life.

What is the greatest disturber of our peace? Many would say it is the warfare between lower and higher forces. There are several ways in which this conflict might be expressed. Some would deem it a contest between evil spirits and heavenly powers; man stands between and is torn asunder until he chooses once for all. Others hold that it is a conflict between old forces and inheritances which are struggling for life, and the power of the new self. Still others would describe it as a warfare of the flesh with the spirit. Whatever the terminology, everybody is aware of the conflict. Whether or not external forces participate, the scene of action is the inner life. What then are the powers working within us for our betterment, and whither do they lead? Let me put before the mind an ideal concerning their activity and my co-operation, and I shall be able to identify myself with the ideal rather than with the process or the dissipating powers of my old selfhood. Even if my experience be intimately related with those I love most in the world I am still concerned with the ideal man that is in the making, not with the friction involved in drawing still more close to my fellows. Understanding these frictions of progress, I say, Speed the time when, in fulness of charity and tolerance, in kind-

ly sympathy and joy of heart, I shall go forth to my friends as one consistent person. Thus at one I should be able to find peace.

Again, it may be the sharp contrast between my ideals and the world which most greatly breaks in on my peace. Apparently the sordid world does not appreciate my genius, hence it disturbs my creative activity by imposing merely practical demands upon me. Looked at from another point of view, however, my genius needs obstacles to overcome, and I must be well-nigh defeated if born to succeed. If I understand the situation it inspires peace within me. If I have also attained the more serious religious stage of human experience I am willing to be misunderstood right and left, to be rejected and even persecuted.

Everyone, however poorly endowed, and whatever the vocation, may begin to enjoy the peace which no circumstance can take away. What is needed at first is an occupation sufficiently congenial or necessary to serve its purpose for the time. To do that which is at hand, even if it be to spend the day engaged with small things that have little connection, may well be the best course for us, since the chief consideration is our prevailing attitude. The fact that I am doing what you now see me doing—whether I am clerk, banker, teacher, lawyer or what not—indicates a correspondence between inner need and outward opportunity. Well for me then, if, instead of bemoaning my fate, I ask, What has brought me here? For when I understand the principle of attraction I can learn what elements within me led me into precisely this group of circumstances, and what I must do to change. The way to a more congenial occupation lies through, not around the conditions now confronting me. It were vain to expect to secure freedom by altering the combination of circumstances. Wherever I go I carry

what I am, and burrs of the same species will stick to me so long as I merely pick them off, blaming the people who allow burdocks to grow in my pathway. First, I must change the interior combination, present a different front to the world. Then nothing will keep me from my goal. With this consciousness it does not so much matter what we are doing, or what our environment is. Peace comes with the productive activity through which we gradually make objects of beauty of these crude lives of ours.

Likewise in regard to faith and knowledge; what is needed is a working principle which suffices for the present. Such a principle is implied in Tennyson's lines,

"We trust that good

Will somehow be the goal of ill."

We know not how, we know not the time, or what shall yet be done; but we are willing to proceed from day to day, with our eyes on the ideal. We may not be able precisely to define the end which should be sought, or make a persuasive statement of our faith. We may have only the dimmest conception of the immanent Life which ever bears us on. Our faith may waver from time to time, or suffer changes with the alternations of adversity and success, misery and happiness. Yet if our faith enable us to maintain a general direction, if it can be brought into play on occasion, it will serve its purpose, becoming more rational as we proceed.

---

TO remain forever an underling, follow this infallible formula: think only of pay-day and quitting time.

—Frank G. Hancock.

---

IN the mud and scum of things,  
There always, always something sings.

—Emerson.



## HEALTH THROUGH RIGHT THINKING

By

**ORISON SWETT MARDEN**



Maintaining the Integrity of the Body Cells by Right Thinking—Fear Thoughts are Destructive of Power—Swallowing Indigestion with One's Food—The Use of the Imagination to Create Health—How to be Vigorous, Successful, Happy.



EVERY day we see illustrated in all sorts of ways the power of thought upon the body.

It is absolutely impossible to maintain the integrity of the cells in the body, to keep them in a healthful condition, unless the thought is healthy and harmonious. If we keep the thought always wholesome then it can communicate only good to the cell life of the body. Every cheerful, inspiring, uplifting, encouraging thought or suggestion sends a thrill of life through the billions of cells. On the other hand, every discordant fear, or worry thought, every disease, jealous, or failure suggestion, sends its subtle poison to the remotest cells and outpictures its hideous condition in the body.

The greatest work a human being can do is to keep his entire cell life in the

superbest possible condition. Then he will be absolutely normal; and when normal he will be right truthful, honest, sincere, noble.

The mind furnishes the model; the mental attitude is the pattern which is woven into the life web. Picture health as vividly as possible continually. Think of yourself as strong, vigorous. Never allow yourself to carry a mental image of weakness. Thrust out the disease picture as you would thrust a thief out of your house. Think health, vigor, strength perpetually. If you carry an image of yourself as complete, as a magnificent specimen of humanity, think of yourself as the perfected image of your Creator, as made by Perfection hence perfect in the truth of your being, you would be amazed to see what an uplift will come into your life. You will become more robust. We cannot rise physically higher than our mental picture of ourselves. Whatever picture you carry of yourself physically, mentally, morally, that you tend to become. Act health just as an actor acts the part he impersonates, and think health vigorously; carry an ideal picture of your physical self. Refuse to see anything else but yourself in an ideal condition. Your life will soon follow your thought, pattern after your mental attitude. There are multitudes of people who are the slaves or victims of their belittling, weak, sickly pictures of themselves. No one can be robust without a healthy and vigorous image of himself perpetually in his mind.

Many people carry a sickly mental attitude. They picture weakness, poor health. They are always holding unfortunate pictures of disease, or some ill-health image. It is like one who is trying to succeed thinking in terms of failure and holding failure images in his

mind. It is fatal to what one is trying to accomplish.

If you wish health think health, visualize images of health, carry in your imagination pictures of robustness, strength, physical wholeness, completeness and not the opposite.

I know people who, for many years, have carried the thought that they had some incipient disease lurking within the system, inherited or contracted, which would sooner or later carry them off.

To drag through years with the settled conviction that you are not going to live long, that there is some disease gnawing at your vitals which will ultimately kill you, not only casts a gloom over yourself and those about you, but is also fatal to all efficiency.

What a terrible thing it is to go through life with such a nightmare staring one in the face! How foolish and destructive of all power, to live with the specter of death constantly by one's side!

It is the mental attitude which tends to become realized in the life, and if you carry pictures of disease, of weakness, of sickness, they will, undoubtedly, be reproduced in your body.

There are many people who almost never swallow a mouthful of food without swallowing a mouthful of indigestion with it. They are always sure that things will not agree with them and, of course, this mental attitude makes the normal secretion of digestive juices impossible, as they are extremely sensitive to the mental attitude.

Time and again I have known women to eat an enormous meal at a great banquet where there were humorous speeches, plenty of laughter and lots of fun, when they were chronic dyspeptics at home and under the strictest regime by direction of their physicians, and yet they felt no ill effects from what, if they

had eaten at home would have so disagreed with them that they would have suffered greatly. This was because the mind was so pleasantly occupied and diverted. The pleasant reaction from the laughter and good time kept their minds absolutely off themselves, so that their food did not enter their stomachs prejudiced by vicious thinking. They did not, as at home, discuss at the table, articles of food which disagreed with them. They were not afraid that things would hurt them. They had no time or opportunity to think of it.

Chronic dyspeptics frequently have had similar experiences when away from home traveling, when their minds were pleasantly occupied, and they were diverted from their chronic self-dissection.

Unfortunate symptoms are perpetuated by recognizing them. If you constantly admit to yourself that you are discordant, that you are not strong, and that you have this or that weakness, you will not get rid of these conditions, for constant acknowledgment, recognition, will perpetuate the trouble.

TOO MUCH introspection is a great health-killer. Nervous people are always thinking about themselves. There seems to be an intimate connection between the nerves and the imagination—and in the mind of the nervous everything is exaggerated. Every little ache or pain is interpreted as a symptom of something worse to come. These people are always nagging themselves, blaming themselves for eating too much, for exposing themselves to draughts; worrying for fear they will not sleep, or that their food will hurt them. In other words, their eyes are always turned inward. They never see life in a sane, healthful way. They get morbid. They make mountains out of mole hills.

"If the imagination can make man sick," says a writer, "can it not make

him well? If I can grow ill because I imagine myself to be so, must I not be able to preserve my health by the aid of the same faculty?"

Hold the image of what you desire to be, picture vividly in your mind that which you long to become, and then try with all your might to realize it, to live up to it.

Ill-health is the cause of more failures and unhappiness than almost anything else, and most of the ill-health is due to wrong-thinking and unscientific, helter skelter, systemless living, a total disregard of the great health laws.

A pupil would not expect to get the right answer to a problem unless worked in accordance with mathematical laws; yet people seem to expect to be well even when they violate practically all the health laws.

Men realize that to get the best speed or work out of a horse, it must be well-groomed, regularly fed and exercised, have plenty of rest, but they seem to think that their own divine machine, so fearfully wonderful, will run with any kind of treatment, without proper lubrication, without plenty of recreation and play, without systematic habits of eating, drinking and sleeping, without healthful food systematically taken, and healthful thoughts. In other words, we all abuse this marvellously divine human mechanism, and yet we seem to expect it will always be in tune and will always be ready to express whatever we wish, to always give out joy and gladness and efficiency.

The education of the future will teach people how to transform a feeble organism into a strong one. It will teach how to give balance, poise to onesided natures.

Swedenborg says: "Every volition and thought of man is inscribed on his brain. Thus a man writes his life in

his physique, and thus the angels discover his autobiography in his structure."

We should lay a foundation for our health just as we establish anything of importance—by studying and adopting the sanest and the most scientific methods. We should think health, talk health, hold the health ideal, just as a law student should think law, talk law, read law, live in a law atmosphere.

Health is largely a moral question. Systematic living alone will not produce it. We must establish it by right thinking, sane thinking.

It does not take a great deal of practice to be able to throw off any ordinary symptom of indisposition by holding firmly in the mind the opposite thought,—health and cheerfulness.

Every time a diseased thought, a thought inimical to your health or achievement comes to you, expel it at once. Don't stop to consider it. Drive it off and replace it by a strong, healthy, beautiful thought. If you persist in this course you will fill your mind with hosts of health thoughts, beauty thoughts, and achievement thoughts, which will make you physically and mentally vigorous, successful, and happy.

#### A PRAYER

BY JAMES S. CARTER

O H, Lord God, my Heavenly Father,  
Take from my Heart all Fear;  
Make me to know both Day and Night time  
Thou art Near.

Make me to see thy Love Eternal,  
Encircling me Always,  
Make me to feel Thy Wondrous Presence  
All me Days.

Give me the Faith of little Children,  
Trusting only Thee,  
Knowing naught can Change Thy goodness  
Unto me.

Grant Lord that I ne'er may Waver,  
My deeds and Motives true;  
Kindness in my Heart and Courage  
Will bring me through.



## REFLECTIONS

BY

ANNE WARNER



*Living Suddenly.*

MRS. Brown went in to see Mrs. Smith whom she found, tired and pale, trying to sew with the baby on her lap.

"Life does seem hard," Mrs. Smith said, after a little ordinary conversation,—"I've just had a letter from my sister wanting me to come there for a fortnight and bring the baby. It looks like heaven to only think of it, but of course I can't go."

"Why not?" asked Mrs. Brown.

"Oh, it would be perfectly impossible. There's the sewing and the spring cleaning, besides everything else. I've got to stay here."

"Suppose you died suddenly, what then?"

"O, then of course they'd just have to get along somehow."

"Then, why not live suddenly, and let them get along somehow just the same."

Mrs. Smith stared.

"Live suddenly," she said. "Why, I never heard of such a thing!"

But nevertheless Mrs. Brown managed to get her to do it, and the next week she went off for a fortnight and didn't come back for a month.

What happened at home was like a miracle.

Elsie and Amy, whom their mother never allowed to take the least care, took all the care and made father and the boys have a regular picnic. The boys turned in and helped clean the house. Mrs. Smith cut out the spring sewing and showed the girls how to do it.

The whole family took hold exactly as they would have done had the wife and mother been suddenly snatched away.

Only as she was just "suddenly alive" instead, there was joy instead of sorrow, looking ahead, instead of looking backward.

And then what a home coming with the baby rosy and all its back teeth cut, and mother not tired, not pale, not fidgety, not nervous.

Really and truly *alive* for the first time in years. What a stupid lot of big children we are anyway fumbling over dirty old methods when the new ones are showing clean, smiling faces everywhere. Here's to no more necessary people "dying suddenly." Let's all "live suddenly" and be happy forever after.

#### *The Clouds.*

I THINK that bits like this bear their own weight in their own bosoms and gain their strength out of the souls of those who read them. It is these simple, homely mirrors that reflect our everyday selves with a bt of an uplift of ideal, that really *do uplift*. One has to be a plane above the majority to strive towards ideals above one's own outlook.

The man on the lowest plane can look up as far as the clouds.

The man on the next plane can look up as far as heaven.

The man on the third plane knows *no* limits of sight, for he sees with eternal eyes.

But we, on the earth, deal mainly with those who see the clouds.

#### *The Sacred Place.*

THE other night I had a strange dream. There are some lessons in life which may be interpreted by a story or allegory, but the highest significance of others is only masked unless the simple, absolute truth of their revelation stands as their only background. Therefore I will tell my dream just as it came to me:

I thought that I was in a vast church-like building, only there was neither altar, pulpit, nor priest. It was full of people and, turning my head, I saw at my side a very dear man friend whose leading characteristic is his splendid faith in God.

I said, impetuously, "Oh, I am so glad to see you again!" He put out his hand and touched mine and I added quickly, "Mustn't I speak?" He said, "Yes, you can speak, only speak low." I looked about then and whispered, "Where are we? It seems to be a sacred place, yet it is not a church?" He said, "No, it is not a church, but it is a sacred place." I said, "What is it called?" He answered, "It is called Life." I awoke then to find tears on my face.

All the day after that vast, thronged chamber swam before my eyes. "It is not a church but it is a sacred place. It is called Life." What a clear, true, simple statement of a great truth to which we are so often blind!

#### *Poor Things in Cages.*

ONCE upon a time a man said to his wife, "Let us take the children to the Zoo this nice Sunday afternoon."

"Oh, dear," said his wife, "then I must keep them all in their best after church and the Zoo is such a messy place. They'll want that sticky popeorn sure."

"We won't buy them any," said the father.

"Then they'll want peanuts and upset their digestions. And besides, the neighbors always go to the Zoo Sunday, and I don't want our children to meet their children. I don't want to have anything to do with them."

"Oh, never mind that," said the husband, "the only thing that's really against going is I'll have to polish up my boots."

"That's not as if they hurt you the way my best shoes hurt me," said his wife, "I could cry when I put them on."

"I wish we could drive," said the husband, thoughtfully, "the horse hasn't been out for three days on account of the rain, but of course your mother would hold up her hands in horror at the very idea."

"She is so old-fashioned," commented his wife, "why, she won't take a bath in a tub. She says in her day soaking and scrubbing were two different things."

"Yes, she's very narrow," said the husband.

They went to the Zoo. They all wore tight shoes and hot hats. They carefully avoided the objectionable neighbors. They looked at the bears in their cage.

"Poor things," said the mother, "they can't get beyond those bars, and they're so unhappy."

"Do you observe, children," said the father, seeing an excellent chance to teach an excellent lesson, "the bears are caught and held where they don't want to be, and they don't like it, for the great joy of existence is freedom."

"Yes," said the mother, "that's so. But we must go now or we shall be late for supper and we always have it at just six."

So they left the bears in their limits and went home, carrying their own limits right along with them.



## CELL-MINDS

By

WILLIAM WALKER ATKINSON



### PART I.

**M**ODERN science has demonstrated that the human body is composed of a multitude of microscopic cells, that is, that the muscles, nerves, tissues, blood, bones, hair and nails are made up of minute cells. Virchow says, "It is of the cells that the tissues are built up and the nerves formed. There is no part of the human body in which the cell is not seen. All these cells are nucleated—have in them a central life-spot like the yolk of an egg. Each cell is born, reproduces itself, dies and is absorbed. The maintenance of life and health depends upon the constant regeneration of the cells. When man can control the life and death of the cell he becomes the creator." Medical science now practically asserts that disease of the body is really disease of the cells of which the body is composed, and that all healing of the body must consist of the healing of the cells—that is, of restoring the cells to normal activity and functioning.

The following quotation from Hudson, following Stephens, is interesting: "An aggregation of cells became a confederation, with its differentiation of cell functions and still further division of labor. As a result of a long process of

such differentiation, the organisms of the larger animals and of man came to be composed, as we find them, of thirty or more different species of cells. For example, we have the musclecells, whose vital energies are devoted to the office of contraction, or vigorous shortening of length; connective-tissue cells, whose office is mainly to produce and conserve a tough fibre for binding together and covering in the organism; bone cells, whose life work is to select and collocate salts of lime for the organic framework, levers and joints; hair, nail horn and feather cells, which work in silicates for the protection, defense, and ornamentation of the organism; gland cells, whose *motif* in living has come to be the abstraction from the blood of substances which are recombined to produce juices needed to aid the various processes or steps of digestion; blood cells, which have assumed the laborious function of general carriers, scavengers, and repairers of the organism; eye, ear, nasal and palate cells, which have become the special artificers of complicated apparatus for transmitting light, sound, odors, and flavors to the highly sentient brain cells; pulmonary cells, which elaborate a tissue for the introduction of oxygen and the elimination of carbon dioxide and other waste products; hepatic (liver) cells, which have, in response to the needs of the organisms, descended to the menial office of living on the waste products and converting them into chemical reagents to facilitate digestion—these and numerous other species of cells; and lastly, most important and of greatest interest, brain and nerve cells."

The various cells of the body are constantly busy, each performing its particular task, either singly or in connection with other cells in the cell-group. Like a great army, the cells are divided into classes, some being engaged in the

active daily work, while others are held back on the reserve line. Some are engaged in building up the tissues, muscles and bones, while others are busy manufacturing the juices, secretions, fluids and chemical compounds required in the great laboratory of the body. Some remain at their posts, stationary during their entire life, while others remain stationary only until the call comes for their services, while a third class are in constant motion from place to place either following regular routes or else traveling under a roving commission. Some of the moving cells act as carriers of material—the hod carriers of the body, while others move about doing special repair work such as the healing of wounds, etc., while others still are the scavengers and street cleaners of system, and others form the cell army and cell police force. The body has been compared to a vast communistic or socialistic colony, each member of which cheerfully devotes his life-work, and often his life itself, to the common good. The brain cells are, of course, the most highly organized, and the most highly differentiated of the cells. The nerve cells constitute a living telegraph system over which is carried the messages from the several parts of the body, each cell being in close contact with its neighbor on each side—the nerve cells practically clasp hands and form a living chain of communication.

The blood cells are important members of the cell community and are exceedingly numerous, there being over 75,000,000,000 of the red-blood cells alone. These red-blood cells move in the blood currents, carrying through the arteries each its little load of oxygen which it transports to the distant tissues that they may be invigorated and vitalized anew; and, returning, carry through the veins the debris and waste products

of the system to the great crematory of the lungs where the waste is burnt and thrown off from the body. Like the ships that sail the sea, each cell carries its outgoing cargo, and returns with another one. Some of these cells perform the office of special repairers, forcing their way through the walls of the blood vessels and penetrating the tissues in order to perform their special tasks. There are several other kinds of cells in the blood besides the carriers just mentioned. There are the wonderful soldier and police cells which maintain order and fight battles when necessary. The police cells are on the constant lookout for germs, bacteria and other microscopic disturbers of the peace of the body. When these tiny policemen discover vagrant germs, or criminal bacteria, they rush upon the intruder and, tying him up in a mesh, proceed to devour him. If the intruder be too large or vigorous, a call for assistance is sent out, and the reserve police rush to the assistance of their brothers and overpower the disturber of the peace. Sometimes when the vagrants are too numerous, the policemen throw them out from the body by means of pimples, boils and similar eruptions. In case of infectious diseases an army corps is ordered out in full strength and a royal fight is waged between the invading army and the defenders of home and country.

Some of the blood cells take a part in the process of extracting from the food its nourishing particles and then carrying the same through the blood channels to all parts of the body, where it is used to feed and nourish the stationary cells there located. These cells manufacture the chemical juices of the body, such as bile, gastric juice, pancreatic juices, milk, etc., in short the entire physical process is carried on by these indefatigable tiny cells. The body of each of us is simply

a great community of cells of various kinds. The cells are born by the form of reproduction common to all cells, that of sub-division. Each cell grows until a certain size is reached, when it assumes a "dumb-bell" shape, with a tiny waist line, which waist is afterward dissolved and the two cells move away from each other. In this way, and this way alone, does the body grow, the material required for the enlargement of the cell being supplied from the food and nourishment partaken by the individual. Cells die after having performed their life-work, and their corpses are carried through the veins by the carrier cells, and cast into the crematory of the lungs where they are consumed.

The body is constantly undergoing a process of change and regeneration. Old cells are being cast off every second and new cells are taking their places. Our muscles, tissues, hair, nails, nerves, brain substance, and even our bones are constantly being made over and rebuilt. Our bodies today do not contain a single particle of the material which composed them a few years back. A few weeks suffices to replace our entire skin, and a few months to replace other parts of the body. If a sufficiently large microscope could be placed over our bodies we would see each part of it as active as a hive of bees, each cell being in action and motion, and the entire domestic work of the human hive being performed according to law and order. Verily "we are fearfully and wonderfully made."

(To be concluded.)

---

LOOK at the sunny side of everything and make your optimism come true.

—C. D. Larson.

---

THERE are no limitations to the growth of individual consciousness.



## THE RENEWAL OF THE BODY

By

ANNIE RIX MILITZ



### TENTH LECTURE.

#### PROSPERITY.

**MEDITATION:** *If thou return to the Almighty thou shall be built up, thou shalt put away iniquity far from thy tabernacles. Then shalt thou lay up gold as dust . . . Yea, the Almighty shall be thy defense, and thou shalt have plenty of silver.—Job 22:23 to 25.*

WEALTH in circumstances and health in body are synonymous terms in the economics of the Spirit. For our affairs are but our larger body and both the smaller organism and the larger are states of mind that act and react upon each other. Yet both can be ruled by that which is divine and Lord of all, our true consciousness, with which we connect, through knowledge and faith.

Ignorance of the source of eternal prosperity lies at the root of poverty and the uncertainty that our freedom and comfort will last.

Woriment and fear are poisons that undermine the very bones and make the blood poor and the tissues and nerves weak. The love of money and the desire for possessions bring withering to the body (as witness the miser) or fatty

degeneration to the organs that are most negative.

The true state of man is abundant wealth. We manifest it even in the realm of appearance through bringing forward our rich mentality, which is a consciousness of the Soul-wealth that is the reality of earthly prosperity. The patriarchs among the Hebrews knew this truth that being "rich towards God" meant riches in flocks and fruits, and gold as the representations of the real wealth. Abraham, Isaac and Jacob were all men of riches and honor. But even these went through their times of darkness, as when Jacob went "halt on his thigh" through fear concerning the fate of the morrow. When doubt and fear assail one as to support, this doubt is commonly expressed in the bones, especially the thighs and thigh bones.

When Jacob was upon the eve of meeting his brother Esau, who had become his enemy, and was very powerful, there was the prospect of his (Jacob's) losing all his lands and flocks and household through seizure by Esau. And Jacob wrestled all night with the Angel of the Lord to get the blessing.

"I will not let thee go till thou bless me," Jacob said, and he won. Yet in fear and trembling he met his brother, who ran to him and embraced him, for Jacob had made the union with the Angel of Esau the night before.

The story of Esau and Jacob—what Jacob was doing in that night season is a wonderful lesson to everyone of us in prosperity. Esau was standing to Jacob as the symbol of a likely disaster; a great failure; a terrible event that might mean his downfall, and yet to be true he must meet Esau, in his Spirit, before he meets him in the flesh. Therefore there comes the struggle, the wrestling; and that through which Jacob went the night before he met Esau is what you are doing lying upon your bed, thinking

that tomorrow the rent must be paid; there is that note coming due; there is the mortgage; a sick sense of something working in your affairs which you feel is undermining you; you cannot name it.

In wisdom you meet this, as Jacob met that angel. It seems to contend with you—this consciousness and you wrestle with it, and though you are tempted at times to give up, and to let it go, you are in the wisdom of this patriarch and master, if you cry out "I will not let thee go until thou bless me."

Our realization of support, morally and financially as well as physically, is recorded in our lower limbs and if that is normal then the flesh nerves and bones of our legs are healthy and free. But if there is sense of weakness and uncertainty about being upheld in what one undertakes or a feeling of lack as to support, the thighs and legs will express the inharmony. The experience so common to old age of displacement or breaking of the hip bones is one with the poverty-fears that so often becloud declining years.

The possession of mere outward riches is not sufficient to give lasting peace; only the uncovering of one's rich mentality will establish eternal happiness. Everyone comes into the world with this rich mentality. It works for us continually, whether we are conscious of it or not. And when we co-operate with it in any way it externalizes as earthly abundance.

Money, at best, is a sign and a convenience; is nothing in itself but what man has made it. Being a slave to it, to worship it, and to put it in place of Soul, of Spirit, is to invite old age and death. Therefore, let us be renewed in our very bones by entering into the carelessness and innocence of the little child who takes no thought for the morrow, and who does not measure its happiness by its accumulation.

The laws of prosperity are Spiritual Laws, not material. And these laws are revealed to those who seek first the kingdom and the righteousness of God. To have the mind of God and the heart of God; to live the life of God and to love with the love of God; is to have the secret revealed and all is peace and trust and rest and freedom. In that consciousness we know that we shall never be forsaken; that we always have been taken care of and that we always will be; that our support and our supply is as natural to us as our life, indeed, is of the same nature. All these problems and experiences through which people are passing, are because they do not seek, first, oneness with God.

"I have never seen the righteous forsaken nor his seed begging bread" are the words of Moses, who proved that God prospers. The "Righteous"—what does he mean by "Righteous?" Someone who is simply good? Or, can it be something more? For, oftentimes we find a man who is good, who says he always tries to do right by his neighbor, and who is just and generous, yet he is poor and always has been poor and there is no prospect of his being anything else. Instead of doubting these words of the Prophets \* \* \* rather should we begin to inquire into our own belief about righteousness. "By their fruits you shall know them." If I am in great poverty, if I am hampered by debt, if I must still worry and fear and know not where my next meal will come from, I am in ignorance. I must get understanding and get knowledge. There is righteousness for me to fulfill which I have not yet fulfilled; and instead of doubting this statement, rather doubt one's own mortal ways and thinking and begin to correct the thinking, the speaking, the acting, that there may be this righteousness in fullness or therefore the

things after which the nations seek can be added.

Let us consider the *righteous thinking*. One of the forms of it is embodied in the commandment:

"Thou shalt remember the Lord thy God, for it is He that giveth thee power to get wealth."—Deut. 6:18; which means that we are not to think that we have it by our personal powers. The wit and industry, astuteness, forehandness and foresight which we may have, themselves are rich gifts from divinity, and almost invariably accompany the other forms of God's prosperity. Give God the glory for it all and so keep the connection between your little Self and its Great Reality, your God-Self.

Another Spiritual Law of Prosperity is *Cheerfulness* expressed in all optimistic ways; a cheerful spirit, a bright face, a loving heart, a trustful tone. Such a consciousness "makes fat thy bones." The bones stand for our foundation thoughts and if they have become dry and brittle a new youthful foundation must be laid in joyous thinking "He shall renew thy youth" in the very bones by the Good Cheer quality of your rich mentality.

Generosity of Soul is another divine law of prosperity. Freedom from *envy*, which, according to Proverbs 14:30, "is rottenness of the bones," belongs to the rich consciousness. Free giving and fearless contribution to the welfare of others belong to the great Way; yet not spilling oneself or being like a sieve through lack of judgment and principle. A slack hand comes from weakness not strength. Nevertheless unprincipled generosity is nearer the kingdom than the tight hand of worldly thrift.

"If thou draw out thy soul to the hungry and satisfy the afflicted soul, then shall thy light rise in darkness and thy darkness be as the noon day."

"And the Lord shall guide thee con-

tinually and satisfy thy soul in dry places and make fat thy bones; and thou shalt be like a watered garden, and like a spring of water, whose waters fail not."—Isaiah 58:10, 11.

Freedom from sense of loss is another spiritual law for prosperity in body and in affairs. Meditation on loss, whether of property or reputation, of friends through misunderstanding or death, is prolific of loss and bodies grow weak and poor and affairs lean and hungry through such errors.

A poised, rounded body is the expression of even-mindedness as to gain or loss. A false sense of accumulation of goods, a gathering, mentally, to oneself more than is fit or not distributing in the measure that one gathers, is the error back of too much adipose tissue. "Go sell all that thou hast and give to the poor" is a drastic meditation to be realized for the healing of some extreme cases. On the other hand poorness of the body is one of the out-picturings of poorness of thought, not always financial poorness—there are other forms of mean or miserly thinking. Away with them!

Whatever one's estate, there is never any room for complaint. Those who would express the true body, had best not find fault with what they have. Complaining about one's body militates against it and interferes with your manifestation of that which you desire. To complain because you are too large or too small, too thin or too fat, or any other undesirable thing, is from a false standpoint and is not the way of the renewing, rebuilding and reforming of the body. "A good report maketh the bones fat."—Prov. 15:30.

"The heart of the wise teacheth his mouth and addeth learning to his lips. Pleasant words are as an honeycomb, sweet to the soul and health to the bones."—Proverbs 16:23, 24.

Speak the Truth that is now true of your heavenly body and your heavenly affairs. "I am all right" and "All is well." And the words which you form in heart and mind after the fair pattern in God's realm shall form anew the world in which you now appear.

"And though wrong grind thee small  
and all thine ends defeat—

Yet shall thy world grow polar to thee,  
slowly taught

And crystal out a new world like thy thought."

---

#### COURAGE

BY FLORENS FOLSOM

**C**OUREAGE! Courage! Courage! The word is a marching-song; Trumpets and bugles and drums to these seven sounds belong; Banners and flags and pennons; shouts, applause, acclaim;— But what of the courage that grubs in the dark, with never a dream of fame?

The courage for dull routine; for Monotony's treadmill round; That cannot always smile,—but aye at its post is found; That clinches Duty with bull-dog grip; that silently shoulders and bears Taunts, reproaches, temptings, burdens, labors, cares.

Courage in the dark; Courage in shabby dress; Courage forgetful of self, unavid of Happiness, Not relying on Heaven, not afraid of Hell,— This is the kind of Courage for Me, though it toll a passing-bell!

---

**H**AS it not occurred to you that you have no right to go, unless you are equally willing to be prevented from going? O, believe, as thou livest, that every sound that is spoken over the round world, which thou oughtest to hear, will vibrate on thine ear. Every proverb, every book, every by-word that belongs to thee for aid or comfort, shall surely come home to thee through open or winding passages. Every friend whom not thy fantastic will but the great and tender heart in thee craveth, shall lock thee in his embrace. And this because the heart in thee is the heart of all; not a valve, not a wall, not an intersection is there anywhere in nature, but one blood rolls uninterruptedly an endless circulation through all men, as the water of the globe is all one sea, and, truly seen, its tide is one.

—Emerson.



## THE GRAPE AND THE WINE

BY

THOMAS DREIER

**T**O change the color, the quality of this spirit which animates our bodies is a simple and an easy task. Let us imagine that before us is a glass filled with water made black by impurities. Let us pour into this glass just a little pure water. Instantly the water in the glass becomes cleaner. Let us pour in more pure water and keep on pouring and we shall find that the impurities have been washed away in the overflow, and that the glass contains nothing that is not good.

So may a mind that is darkened with impurities be cleansed. He who puts off impurity, as Emerson pointed out, thereby puts on purity. Likewise is it true that he who puts on honesty drives away dishonesty. If we but feed our minds with optimism, cheerfulness, brightness and inspiration, we cannot long remain pessimistic, disgruntled and sorrow-laden. Suggestion is to the mind what the glass of pure water was to the glass filled with impurity. We must be careful of what we say to ourselves. What we tell ourselves to do, that we shall eventually do. What we tell ourselves to become, that we shall eventually become.

We are wise when we speak helpfully to ourselves as we lie down to sleep.

Only those who have tried it know how powerful such a talk as this is when it is repeated night after night: "I shall awaken in the morning with my body vibrating with an intense desire to do the best work of my life. Tomorrow is the best day in the year. I shall greet it with hands outstretched for its opportunities. I know that much will be demanded of me and that I shall have the power to respond to those demands. My prayer tonight is that I be permitted to serve tomorrow as I have never served before, that I shall do those things tomorrow which will make me stronger mentally and physically and which will make me more efficient than I have ever been before."

It matters little what one says so long as the commands be positive, helpful, inspirational. Words are chemicals and their power depends much on the way they are mixed and upon the force with which they are sent to their destination. "We must be careful," as Goethe says somewhere, "what we pray for in our youth lest we get too much of it in our old age." So should we be careful not to ask for anything at night that we do not desire to receive the next day.

Many of us are learning that the best business-building book in the world is the Bible. We are learning to interpret it for use in the world and as we learn how to apply it we take it away from those who have tried to tell us that it is a book for those who dream only of the days after death. "Ask and ye shall receive; seek and ye shall find; knock and it shall be opened unto you." Than this there is nothing more true. God obeys those who command Him in the name of His Law.

Carlyle warned us not to lose the divine in these laboratories of ours. There was no need for the warning. We are learning to find the divine in them. We are learning that the world is a labora-

tory, that in all things divinity may be found by those who seek it. We learn that divinity comes to all who desire it, just as those become cultured who desire culture. Not only the walls of Jericho but the walls of all cities of opposition fall down before the trumpet command of the man who desires to enter.

The quality of persons who drink from the glass of our lives is always determined by the quality of the drink we offer. The quality of this drink is determined by the quality of the things we love and desire. That which we desire comes to us and mixes itself into the liquor of our lives, enriching and gloriously coloring it, or making of it a thing from which even the lowest turn with disgust. The books we read, the persons we meet, the food we eat, the drinks we drink, the deeds we do daily—all these determine what the quality of this liquor of our lives is.

According to the quality of the grape is the quality of the wine.

#### **TO LIVE**

**BY M. VAN CAMPEN**

LIVE! Live! Live! and be glad that the sky  
is blue,  
Breathe your share  
Of the sweet, pure air  
That God has provided for you.

Give! Give! Give! of whatever you have and  
hold,  
A word is worth while  
And even a smile  
Is good for its weight in gold.

Work! Work! Work! and be glad there is  
work to do.  
Do your best,  
And leave the rest  
To God, who believes in you.

Love! Love! Love! and be richer far, for the  
giving  
Grow each day  
In some good way,  
And Life will be worth the living.



## HOW WE TAUGHT THE TWINS PROPORTION

By

IDA ELWELL TILSON

**W**HAT Betty liked, she wished to eat all the time, and what Benny disliked, he would not eat at all, which is not exactly the same thing.

Benny ate impartially everything except vegetables. His mother hoped he would outgrow his prejudice against them, but I know a few good ways to hasten the growth of right habits.

"Benny," I said persuasively, the next time he refused potato and cabbage, "I realize just how you feel, because I used to dislike so many kinds of food. But if the hated things were generally considered wholesome, my mind is so strong I could teach myself to eat them. Of course, your mind and will may not be as strong. Probably you could not overcome your feelings."

"I guess I can do anything in reason," replied Benny, swelling and glaring.

"Well, this is how I managed," I continued, "though I fear you cannot do so. I took just a mouthful of a disliked food at first. Each day the portion served me was a little larger."

Hereupon, Benny asked for and gulped down a bit of potato, then requested more.

"No, no," I cried, "he is going too fast. He can't keep it up. Do not let him have any more this time."

Daily I dwelt on the power of my mind, expressed wonder at the unexpected vigor of his, helped him to a little of the vegetables but held him back from eating too much, as he sought to approve himself. Benny is now a high official in railway circles. He laughs about my device, and has forgiven me, because in his nomadic life, he often finds vegetables the most wholesome, palatable thing within reach.

Betty's fad was eating bananas. She not only was piggish with the family supply, but spent all her pennies for bananas, as some children do for candy. At first thought, her penchant did not seem bad, since this fruit is the bread of thousands of tropical people. But Betty ate bananas between meals, at all hours, and got her stomach so muddled it never knew when to expect work nor how to accomplish it. Sometimes, her stomach threw up its job because the banana makes a pasty mass, not easily digested, though well enough in reasonable use.

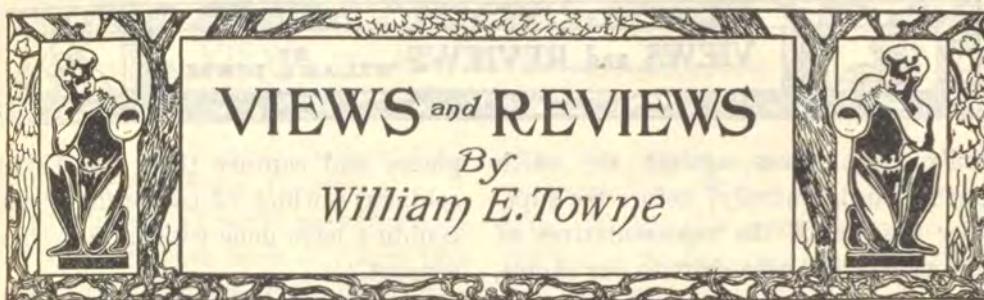
On Betty's birthday morning, she found a banana in each stocking.

"Oh, ho, I guess somebody knew what I like," she squealed.

When a banana in each shoe, and one in each sleeve of her waist, followed, she looked puzzled. There were bananas in her bureau drawers, by her breakfast plate, in her coat pockets, and on her school books.

"You can eat them all," taunted Benny.

But she did not succeed, try as hard as she could. Both pride and appetite were overwhelmed. And Betty now with children of her own, is a most hygienic, methodical mother. She often asks my advice, too.



*Now What Do You Know About This?*

One sunny afternoon in early Colonial days a regiment of English soldiers landed at Philadelphia.

Their bright, red uniforms and numerous trappings glittered attractively in the slanting sun-rays, and their flags fluttered bravely in the breeze as they marched up from the wharf. Cheers and rejoicings greeted them at every street corner.

For the King's men had come to help out the colonists in their long, stubborn fight with the Indians. On the morrow the soldiers would take up their march against an untrained, undisciplined foe, whom they secretly considered pretty small potatoes as compared with the King's men.

Some loyal enthusiasts in Philadelphia insisted upon purchasing a liberal supply of fireworks with which to celebrate the coming victory.

Benjamin Franklin, already a man of influence in Philadelphia, suggested that they defer the actual purchase of the fireworks until the victory was really won, but he was overruled by the jingoes.

Morning came, and the gay campaign began.

A few Americans, acting as scouts for the Britishers, suggested to them the wisdom, when going out to fight Indians of marching in single file. This suggestion tickled the palates of the British because it revealed the crudeness of American ideas of war. Just give the

King's soldiers a chance. That was all they asked for. They would show their green country cousins a few things.

Well, they got their chance. They were marching along through the woods in their innocent unsuspecting manner, when suddenly from both sides and the rear, the crafty redskins poured in a murderous fire. The ambush was complete. The few Americans present jumped behind trees and for a few minutes fought the Indians in their own fashion, but it availed nothing. The English soldiers stood their ground doggedly, but it took only a short time to practically wipe them out.

The rout was complete. So complete that the remnant of the soldiers returned hot-foot to Philadelphia, and no further attempt was made to send them out against the savages.

The fireworks were not needed!

From those far-off days unto the present the English have never wholly ceased to regard America as a little edition of England. They are surprised and abused to discover that our ways are not always their ways.

Many of them feel, upon coming to America, as a certain Englishman did when he went to France and found the natives did not respond readily to his laboriously acquired French. "Why," said he indignantly, "they don't understand their own bally language, don't cher know."

When Americans sometimes fail to kowtow and bump their heads respect-



fully three times against the earth (speaking figuratively) before the superior wisdom of the representatives of the motherland who drift to our shores, they (we Americans) often get set down by our British cousins as ignorant, uncultured boors, and worse.

The average Englishman is courteous above all things and keeps his adverse opinion of us to himself. But occasionally one becomes too full for self-containment.

Thus we have Mary Sinclair Burton writing in *The London Magazine* under the heading, "Does America Hate England?"

Some of the accusations which Mary brings against us, sorrowfully, reproachfully, are as follows:

(1) Americans are a hard, materialistic, lawless and merciless people.

(2) We live "in a riot of wickedness attractively disguised under a thin veneer of social decorum." (Mary's own words, I assure you.)

(3) We are still so impolite as to remember the Revolutionary days, and tell our children patriotic stories of the eight years' war with England. (Mary's idea, as I gather it, is that we should adopt the English version of the Revolution for our school histories. This version is to the effect that the King's soldiers came over here and chased the rebellious colonists for eight long years. The colonists were so slippery and "unreliable" that the soldiers couldn't catch them. They (the soldiers) had worn out much shoe leather, scratched their trousers on the bloomin' HamERICAN brambles, and were tired and sick of the affair. So they threw down their arms and invited the colonists to come out of their hiding

places and capture them (the English soldiers)—which of course the colonists couldn't have done without the soldiers' consent.)

(4) We celebrate Independence Day (which Mary evidently considers in questionable taste).

(5) We are inconsiderate of the feelings of others and "brutally frank" in expressing our opinions.

(6) We are illogical, our brains not well-balanced.

(7) Worst of all, New York can show only eighteen per cent native born Americans. (This seems to grieve Mary very specially and she waxes quite reproachful.)

(8) We are "crude," "crafty," "vehement," "irresponsible," possessing "the cleverness of half-breeds," "slippery," unsatisfactory people to deal with.

(9) We have "little conception of moral responsibility."

These are only a very few counts in Mary's indictment. We are truly sorry our reaction upon our English friend was so sour and dyspeptic-like. Could it be possible she was slightly jaundiced before coming to our shores? Or, again, did she come to solicit a little support, a few of our American dollars which come in so handy in many emergencies, for some worthy cause, and find our American dollars a bit shy? Surely there must be some little special contributing cause for this outbreak.

All joking aside, Mary, I have been a close reader of the leading American magazines for some twenty-five years, and have yet to see, in any American publication, big or little, such an unsym-



pathetic and ferocious attack upon England as you make upon America.

In the interest of world peace we hope you will come back some day and take another look. We are really handsomer

than you picture us, and if you get well acquainted you'll find we won't really bite. We hope too many Americans will not follow the example of courtesy which you have set before them.



## A CREED

By

ADELAIDE KEEN



**W**E believe that—

Suffering and sorrow are as needful to the growth of the soul, as winter and night are to the plant, but JOY cometh in the morning!

Whoever needs thee is thy neighbor.

It is a privilege, not a task, to help others.

We grow by giving, nature abhors a vacuum, and more good rushes to fill the place of whatever you have given away.

To keep on giving, doing, helping, for if others prove ungrateful, God understands and will recompense us in another direction.

The moment you have received a kindness, return it as well as you can, or else pass it along.

Forgive every injury at once, it will not matter a hundred years from now.

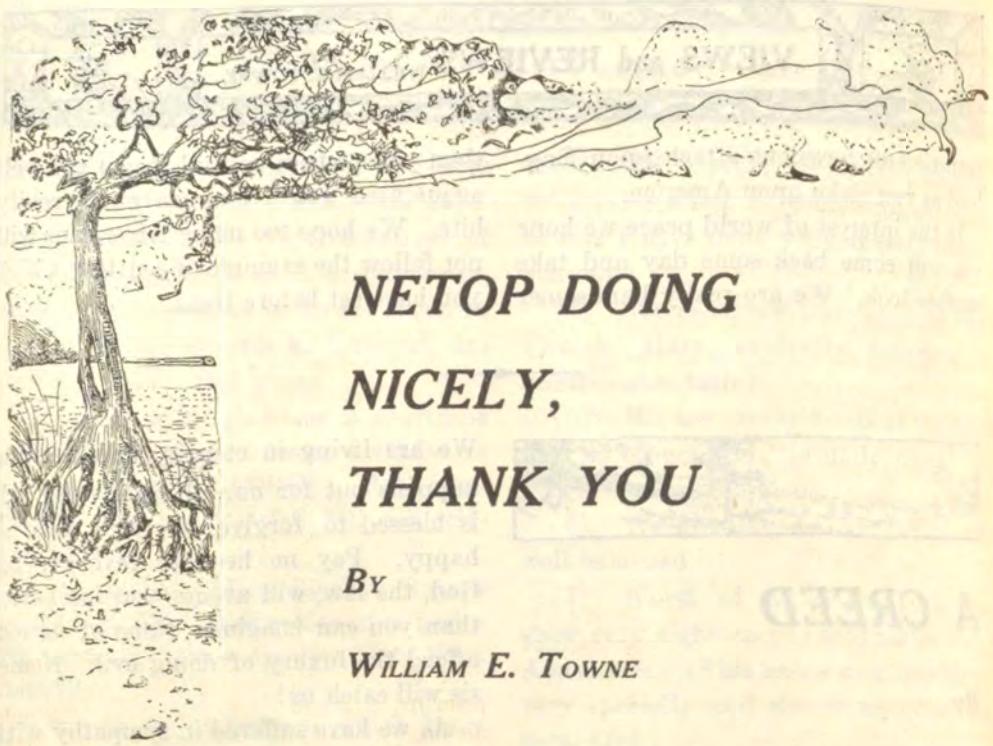
We are living in eternity and nothing happens but for our ultimate good. It is blessed to forgive, it makes you so happy. Pay no heed to revenge, for God, the law, will avenge you far better than you can imagine. None of us can afford the luxury of doing evil. Nemesis will catch us!

As we have suffered in sympathy with the world sorrow, so will God give us, if we wait and deserve, our share of the world joy.

Choose this day whom ye shall serve! awaits us every morning. Hate is the devil, love is God. No man can serve two masters and win good wages. He who loves good with all his heart, preserves the single eyes which perceive good in everything and in all, gives thanks.

And to him who has most faith, the faith which gives thanks, in the midst of seeming evil, will God give the keys of the kingdom. "Faithful (or thankful) over few things, thou shalt be ruler (and master) over many things. Enter into the Joy of thy Lord," or into the enjoyment of thy ideal! For thy invisible ideal is thy invisible Lord, which draws thee further and further along the path of promise, and into perfect peace!

**D**O your best in every emergency and don't waste time worrying over results.



## **NETOP DOING**

**NICELY,**

**THANK YOU**

*By*

**WILLIAM E. TOWNE**

THE tiny garden is planted with just corn and potatoes this year. With one lonesome squash away down in the corner by the chestnut tree.

The corn is sweet. The potatoes are Irish.

There are four rows of each. Two rows of the potatoes show the value of good seed. They were planted with one whole potato to the hill. But the seed supply grew short and the remaining two rows got only a half or a third of a potato to the hill. The plants of the first two rows are heavier and more luxuriant than the rest.

I read the story of Frances Hodgson Burnett's tame robin, published in *The Ladies' Home Journal*, and tried to get on intimate terms with the Phoebe's at Netop. A pair of them has nested under the West eaves of the cabin each year for four or five years. They looked at me in a rather friendly fashion, but would not be beguiled by my crude chirps. They probably thought I was some strange ogre/bird with a bad cold. I think their young family has already left the nest. The family was twins. They (the twins), looked solemnly over the edge of the nest at me the few times I visited them, and vouchsafed no remarks, friendly or otherwise. They did not even open their beaks and hint for me to pass out some food as I have seen less well-bred young birds do. Good luck to them! May they find cats

scarce and worms plentiful for the remainder of the season. By that time they'll be strong enough to migrate in case of a worm and bug drought.

When you were a kid did you ever have a tummie ache and lie abed and drink pennyroyal tea? Or did you ever go out in the oat field; after the oats were cut, and walk right into a bed of pennyroyal? If so you know how sweet and herby it smells. Well, a few years ago, we found one or two pennyroyal plants and set them out on a small rockery near the cabin. I supposed the dry seasons had killed the plants, but the other day I noticed the rockery was completely covered with tiny pennyroyal sprouts, odorous and luxuriant, on account of the recent heavy rains. The original plants had increased and multiplied like guinea pigs.

Speaking of guinea pigs reminds me of rabbits. There are many small brown rabbits around Netop—bunnys we used to call them up in the country. They are frivolous, stupid little creatures, gentle and harmless as kittens. When frightened they give a little mouse-like squeak, run a few feet perhaps, and then sit up and gaze at danger with wide, staring eyes. The other day when I got off the car and struck into the corner of Netop woods I scared up a family of these little brown fellows. They squeaked and scampered, sat up,

then scampered again like a lot of kittens. The woods seemed full of them for a moment, but I guess there were only two or three. I remembered the story of the hunter who saw a coon in every tree he looked at. Repeated firing failed to bring down the game. Finally he put his hand up to his eye and brushed away a wood louse which had got lodged in his line of vision.

Each afternoon that I work in the garden there comes a mysterious rustling and scratching about in the woods down toward the car track. It begins about five o'clock. Soft, padded little feet pit-pat over the dry leaves on the ground, carrying the owner on wonderful secret errands, I expect. The bushes sway and rustle. Finally, when speculation as to the cause is about exhausted, a red, bushy tail appears against the trunk of a maple. Then you see that the tail is the property of a lithe, slender, wiry red squirrel who has come out for his evening meal and to get some needed exercise. He has brought along the companion of his joys and sorrows and the two of them have been making all the disturbance. They live in the nearby hemlocks, I think.

At times they are disposed to dispute. They heap chattering abuse, apparently, upon someone or something. Whether their remarks are aimed at me or at each other I am unable to determine.

Sometimes I am visited by meek little striped chipmunks. There is none of the aggressive quality in the chipmunk such as characterizes his red brother. The chipmunk says little and saws much wood. When corn and nuts are in season he is an especially busy person. I have watched him, all through the autumn afternoon, carrying acorns from the trees to his winter quarters. At this season he is not so much in evidence. Sometimes I see just a little streak of red and white as he flashes into his hole when I pass. A few times I have

caught him taking a drink. He got it from the full rain barrel at the corner of the cabin.

The editor-ess hasn't shown an awful lot of enthusiasm this year for country life. I did get her to go to Netop one afternoon on the plea that we would go fishing in a nice shady brook, which she had never visited before. We took one pole and one can of fat worms. I carried both, of course. We trekked back on the highway for a mile, then turned aside into a pasture. The pasture was fenced with wire. The wire had barbs. It required some connubiating to separate the wires wide enough to crawl through. Then we followed an old wood road through the pasture and there on the opposite side was another wire fence—or rather it was an extension of the same fence. The wires had been cut to permit the owner to drive his team through and sled his winter's wood to the house. The ends of the wires had been roughly rejoined by twisting them together. It was easy to untwist them. Of course we were careful to rejoin the wires once we were on the other side. From this point the road ran for a quarter mile through arching trees and around rough mossy ledges. The brook was only a few rods below the road, running parallel with it in a kind of ravine. Finally we came to a wet place in the road, and the editor-ess decided to wait for me there. She had brought along the *New York Tribune*—it was when Teddy and Taft were scrapping vigorously for the primaries states and news was news—a copy of William Marion Reedy's *Mirror* and another magazine or two with which to assist in the fishing.

Returning in about twenty minutes (without any fish, I didn't expect to get any anyhow), I found my partner had already deserted her post. But she was waiting at the barbed wire fence for my assistance.

Thus endeth portion No. 1 of the Netop annals of 1912.



# Personal Adventures in New Thought

**A Symposium By Florens Folsom,  
Ida C. Loring, Dr. Mary Gatlin  
and Emily R. Constant.**



Here was a woman who could not move hand or foot or even lift an eyelid—a condition caused by overdosing with a deadly drug. She was healed through the intelligent, purposeful use of her own faith, desire and will. In this symposium she tells how the healing was accomplished. Another writer tells how she found health and money amid peculiarly barren surroundings. She lived with only a child for company in a dilapidated little cabin away up in the mountains of California. In winter she cut her own firewood, and when the snows came she dug the wood out of the snow. Yet even here she found that faith and desire counted for results. Still another writer tells how she started with \$3 (borrowed money) and earned \$300 per month. You can take something from these experiences for your own life.

## ADVENTURES IN SELF-HEALING

**BY FLORENS FOLSOM**



"Loose him, and let him go."

New Thought, in its various forms of Mental Science, Theosophy and the Vedanta Philosophy, had absorbed my studious attention for years, before I began to *use* it.

I had been a student of comparative religion all my life, all my conscious life, since I was four years old. But it never once occurred to me that my knowledge could be practically utilized, until I was poor enough, and sick enough, and miserable enough, to awaken to this fact: that if you KNOW you CAN.

My awakening came about in this wise: I was a paralytic. I had always been physically delicate. A badly-performed operation had so enfeebled me that my ignorant and criminal practitioner, becoming alarmed, tried to strengthen me by heavy, and incessantly repeated, doses of straight strychnine.

The amount of this poison which had been administered to me would have killed most

people. It paralysed me. At first tetanic convulsions had seized me, holding me rigid for hours. During these attacks I could neither speak nor move. I was acutely conscious, though I could not so much as quiver an eyelash to show that I was alive. My great horror was that I should be buried breathing, unable to help myself. My life was ghastly. After the eighteenth of these convulsive seizures I did not regain freedom of movement at all. I became a chronic paralytic, and blind, because my eyelids stayed tight shut. I was a dead weight, a log of wood, a corpse.

On the day of my waking I had been carried out upon the porch of a house whose inmates were, with one exception, hostile to, and critical of, me and all that I cared for, my beliefs, my tastes and interests. The one exception was my four-year-old child. He was then, and for many years after this time, the ONLY soul upon this earth in sympathy with me.

It was a cold, rainy, gloomy afternoon of November, my birth month; that month which the Indians esteem so dreary, so menacing and sombre that their name for it means "The-month-the-snakes-commit-suicide-in." They have not the heart to arrange about their

winter sleep, their hibernation, so oppressed are they by November's sullen gloom.

I lay on my long chair, an anæmic, emaciated, wreck-skeleton of a woman. I was almost bloodless from incessant hemorrhage. I was as near utter and absolute despair as a sane being can be. Sodden leaves hurled themselves against me, blown from the wailing trees. The cat, which had been sleeping at my feet, arose, stretched herself, yawned, and jumped down, dragging with her, entangled in her claws, my one covering, a blanket. In her wild efforts to get free she pulled so hard upon the blanket, which had become wound about the supports of my chair, that it turned over and I fell, stiffly, all in one straight piece, upon the wet porch floor. I lay there for three hours. I heard the clock, in the parlor within, strike three times. I saw my sister pass up and down the stairs, which were directly facing me, beyond a window. I could not call to her. I was helpless.

But my brain was as active as my body was motionless. I thought—O, how profoundly, how poignantly, how vividly I thought! I reviewed all my life as I lay there. I thought of my lonely, ill-nurtured childhood, whose only friends were books; of the cruelties and treacheries and ingratitudes of all those human souls whom I had tried, honestly and generously had tried, to love and serve. I thought of the physical hunger and cold I had endured; of my five dead children, killed by Poverty; of Passion which had betrayed me; Love which had cooled to me; Friendship which had mocked at me. I thought of the knives which had slashed me, of the professional ignorance and mercenary sordidness which had mishandled and abused me. I thought of the degradation and shame of my dependent condition, upon those in the house within, who grudgingly, reluctantly, gave me, and my child, food and shelter.

Then I thought of hours with books, of winged, magnificent moments when I had soared into the dawn of new and larger consciousness, with Dante or Plato at my side; I thought of long, rapturous flights among great minds, rare souls, above the weary pettiness of Life, in golden aether. I remembered my early dreams, my young ambitions. I recalled labors and toils and services I had performed, with all the best of me, for others.

I placed myself, as I knew myself, against the misery of my life, and I said, "It is not fair. No matter what evil I may have done in past lives, I cannot have merited that its

punishment should last so long, should overlap the good karma I have surely earned in this life."

Then a great flash of illumination came to me, as I lay there helpless, the rain now beating heavily down from under the porch roof upon my upturned stony, "dead" face, in which the eyes, even, were sealed.

I knew this, suddenly: That within each of us is a magnet which attracts, inevitably, either good or evil; all whose molecules are akin to its molecules, whose substance is one with its substance. A magnet has neither tentacles nor hands, yet it surely draws, and firmly holds to it, all that is its own.

What was my magnet, my point of Attraction, clutching,—tighter than hands could grip? What had it been drawing towards itself, for all my life? Isolation, contumely, lovelessness, poverty, sickness, bereavement, shame.

Why had it done this?

Because it was the wrong kind of a magnet. Can you use filth to cleanse with? Can you feed hunger with emptiness? No more can you attract strength with self-doubt, with fear; love, with bitterness and anger; wealth, with self-depreciation and envy and regret.

The trouble with me was, I had the wrong kind of a magnet, and it was acting wrongly. It was hugging to us—to it, and to me, all sorts of dreadful things: gloom, and fear, and rage against the happy.

A tremendous surge and swell arose in my spirit. My soul heaved and tossed. An agony, like that of death or birth, convulsed me. With an effort, impossible to measure or to describe, I wrenched open my locked lips, and in a voice which I had not heard for months, a cracked and broken voice, I cried, "Lord, heal me! Lord, I believe! Help thou mine unbelief!" \* \* \* Then peace came. I heard a Voice within me say, "Take, eat. This is My Body which was given for thee. \* \* I say unto thee, arise."

And I raised myself, and gathered up my blanket, and walked into the house. From that day I steadily ascended the ladder of health.

I am robust, active, vigorous. I can do all I want to do. Each hour frees me more, enlarges me more, enlightens me more.

Do not clutch and grip things. Something within you, deeper than your will, beyond and under your desire, will hold fast to you all that is really yours. This Something, which is the God of you choosing and retaining, may be trusted to reject and cast off what is harm-

ful to It, and to you; to eternally hold fast Its Own; to shed husks, and to treasure essentials.

How shall you give this power in you freedom of action, unhampered liberty of choice? Contact life, with your objective self, loosely and lightly. Do not formulate your wishes in hard-shelled, concrete form. Say, "Licet: Let it be so," to each necessity that confronts you, each occasion for conflict or endurance. If things or persons slip away from you,—

*"Heartily know,  
When half-gods go,  
The GODS arrive."*

Whoever disappoints, betrays or deserts you is worth nothing to you. Loose him and let him go. Do not seek to detain near you, in your life, anyone who wants to leave you. If money wants to leave you, let it go. More will come to you; better money, cleaner money. If glory and honor turn their backs, which are discredit and shame, upon you, let it be so. It is only for a time, this suffering. Be as fluid and plastic to shaping spirit, as the sea is to wind; let your magnet work without the impediment and obstacle of your dense, ignorant will.

*"He who bends to himself a Joy  
Doth the wingéd life destroy;  
But he who kisses it as it flies,  
Stands in Eternity's sunrise."*

---

#### A PERSONAL ADVENTURE IN NEW THOUGHT

BY IDA C. LORING



In the year 1900 my health had given way, after a seven years' close application to business, and my money had gone in a vain search after the lost health. By the doctor's advice I went with a young niece out into the hill country to try what altitude and living in the open would do for me.

There was a little three room shack, with cracks big enough in places to put your fingers through, for shelter when sun or rain beat down too hard; but for the most part life was in the open.

A near-by mountain stream supplied the necessary water, except in summer when it ran underground and could only be had by going a good distance up stream.

I had the child for company. For work I made a garden. Then, finding nearby a

good clay for bricks, I decided to follow the fashion of the country and make adobe bricks for a chimney and fireplace. We suffered much from cold in the winter, and many a time I stayed up much of the night to keep a fire in the tiny wood stove in the little lean-to kitchen, the most sheltered spot we had. I had to cut all my own firewood, and being only a slight person and never strong, it was no easy task to keep even fairly comfortable.

When the little child fell ill and I was all alone through the weeks that followed, and the bitter cold came, when the milk would freeze standing on the table, and the snow came, covering the wood, and my shoes gave out, my courage seemed about gone. I did not know much about New Thought at that time but had been a reader all my life and before coming to this great wild, harsh West, I had lived among, and belonged to, gentle, educated people.

I tried hard to patch up the house and fix the chimney and get wood ahead and still each day seemed to grow a little worse than the last and there seemed to be no help anywhere in the whole wide world.

Finally spring came and we had not died, as I certainly thought we would, and the child grew better but not well. The long, long nights with their nightmare of cold and dark and storm and stress had passed. With the coming of the new life of the springtime I rose up one day and went out above the house, a little way up the mountain stream, and knelt down upon the soft ground and began to talk to the Great Power above us, around us and about us. A new something seemed born within me, as I thought of all the wealth of the world and my great need and how I had done according to the best I knew all the way through, since the day when my dear mother had put my little baby brother in my arms and bade me be a mother to him and the rest of her poor motherless children. Yes, I had tried, oh, how hard no one but God would ever know; and was this to be all there was of life for me? No! it should not, could not be. I would have, I must have, the help I so sorely needed. And as I knelt there under the pale April sunshine I felt like Jacob and the angel he wrestled with. I could not let go until I got some relief and help. It seemed as if some vital point in my life had been reached and I simply must and could command circumstances.

Finally I rose up quieted and calmed and with a sure feeling that help was near. I went back to the house. It was the first sunshiny

day for some time, so I took advantage of the sun to take out all our bedding for a good airing. In all that long winter not a soul had been near us except a German woman who lived in the nearest house, quite a distance away, and she had come a few times when the child was ill.

We were far from any traveled road, and no one ever passed the rough, trail-like path ending at our door. You can therefore imagine my utter surprise, while busy with the bedding, at hearing voices and to see approaching a carriage with four people in it. I felt it must be a dream but it was reality. The four travelers got out and one of the ladies (there were two) wanted to be shown all about and spoke of the view, the stream, the nearby mountains and said she wished she could stay in such a lovely spot for a few days and asked her husband why she couldn't. He talked with the other lady, who proved to be her nurse and companion, and finally told her if I could take her she might stay. And do you think I could! Why, I felt she had come in answer to my cry for help.

They sent the carriage back to the nearest town, to the hotel where they had come from, for bedding, food, supplies, etc., and that night instead of being a lone woman with only one little child to keep me from despair I was a happy hostess with two interesting boarders who were to pay me liberally for such time as they might stay.

The lady had been ill and needed to get entirely away from people and to rest. She had been taking a driving trip in search of a place that suited her and this was the spot. Instead of a few days she spent half a year with me and the husband sent us each week whatever we needed or wished by way of supplies.

Our little house was enlarged and made comfortable, water was piped to the door, a chimney and fireplace built, and gaunt, grim despair and poverty went skulking out of our happy valley never to return, I trust.

I know now, what I only dimly understood then, that I applied the first principles of New Thought to a desperate situation and they did not fail.

SWEET friends,  
Man's love ascends,  
To finer and diviner ends,  
Than man's mere thought ere comprehends.

### PERSONAL ADVENTURES IN NEW THOUGHT

BY DR. MARY GATLIN



I visited the leper hospital in Havana, Cuba, last May, and as I looked at those loathsome, hopeless, sick and sickening beggars at a state's mercy, eyes, ears, hands and feet gone, in many instances, it came over me that this was a fitting simile of what I once was. They did not realize how miserable they were; neither had I. They could never know how far from perfect health they were unless some miracle cured them. Just as wonderful a miracle as that would be, had cured me.

Sternly was I reared in the "fear of the Lord" and nobly did I respond to the rearing, fearing so thoroughly that I often planned to fool God and escape his wrath just as I fooled those who held the rod over me.

Because of the fear element of that home I grew to be a proficient liar and not till New Thought taught me the uselessness of lying did I outgrow the habit. I was stinted at home, that more money might be given to missions, and friends often fed me because I looked so longingly at what they had to eat. So I learned to envy.

Deprived of warm clothing that missions might profit, I coughed weakly for years, and contracted a constitutional trouble from which I suffered untold agonies. No attention was given to helping me get rid of the trouble, and so I grew morbid and bitter in an atmosphere of constant scolding and wearing deprivation. Despite the rigid attendance of church at every service, I grew to look upon God as a car of Juggernaut, demanding all, giving nothing and taking pleasure in pain.

A sick husband and a bitter experience with "in-laws" forced me to borrow money and go to Chicago to equip myself for making a living. There I was thrown into daily contact with a queen among women whose poise was never upset. I began to search for her secret. Then she gave me lessons in New Thought. She loaned me Prentice Mulford's works to read. I learned that "thoughts are things." I learned that I was master of my own destiny. O, I learned—I devoured night and day—for I was finding that life could be *lived*, not endured as a pain. Had I a million dollars it should go to give New Thought helps to souls as dark as mine was.

I returned to my husband and little daughter

with three dollars of that borrowed money, on which I was paying eight per cent interest. Homeless, a sick husband, a baby girl and myself to support.

But I was calm, serene and poised. I made three hundred dollars a month. I expected it. I believed it. I received it—easily. I relaxed. I looked ten years younger. My health steadily improved. I went to Europe, saw the Passion Play, and now have a very successful lecture on the play.

I am going to Europe again next summer. I have hitched my wagon to a star.

But best of all, I envy not, I hate not, rejoicing at everybody's success. I am well poised, tranquil and happy.

---

#### PERSONAL ADVENTURES IN NEW THOUGHT

BY EMILY R. CONSTANT



Some five or six years ago I became aware of a subtle but unmistakable change in the trend of popular thought. How long it had existed prior to my apprehension of it, from what hidden springs of philosophy or ethics it took its source, mattered little. Sufficient that my own wavering and misdirected habit of thought was thereby corrected, given impulse and direction.

Like many another, I had gone on for years shackled by doubts and fears of my own creating. Until I learned that FEAR was at the bottom of timidity, self-distrust, torturing self-consciousness, I regarded those undesirable and inexcusable attributes as component parts of my temperament, born with me, and eliminable only by physical dissolution. *When I grasped the simple truth that thought may and should be a conscious and positive function, and not the mere passing of aimless ideas through an inert mental apparatus, I found myself freed, in surprising measure, from morbid, inane, or distrustful thoughts.*

Says a Chinese proverb: "We cannot prevent birds from flying over our heads, but we can prevent them from making their nests in our hair." On this theory, no destructive thought need be entertained one moment after its undesirable character is perceived.

From this basis,—i. e., the elimination from consciousness of fear in any or all of its phases—I believe starts every "Adventure in

New Thought," an adventure in which, whether it lead to wondrous heights, or leaves us apparently at the starting place, we are companioned by strength and serenity of mind.

When we have learned not to depend upon externals for happiness or satisfaction, behold, we find happiness and satisfaction are our own, be external concomitants what they may.

Very often we put our best endeavor into a project, and at its very inception oppose it with a train of doubting and distrustful thought that would paralyze the efforts of genius itself and effectually reduces to naught a modest venture that had every right to succeed. No sane person would hamper himself by rowing deliberately against the stream instead of with it. Yet every day we see gifted and so-called practical people misguidedly thwarting their own conscious endeavor, by setting in motion against it the powerful current of sub-conscious thought. As reasonably seek to heal the sick by administering poison, as try to overcome difficulties by worrying about them.

The simple apprehension of these fundamentals of New Thought had a wonderful liberating effect in my own case. I had never, seemingly, received appreciation or remuneration in proportion to ability and effort. As I ceased to impose the limitations of doubt, envy and fear, I won success in proportionate measure. And, where I had invariably regarded myself as "unlucky," I have received, with less effort, rewards that place me in quite the opposite category.

This without deep delving into "ism" or "ology"—but by the sane realization (which is not incompatible with any religious or ethical belief) that success is more natural than failure; health more natural than disease; that a state of harmony in mind and body, reducing to a minimum the friction of Life, is a reasonable and legitimate goal, toward which the first significant step frequently is taken by obeying the homely admonition: "Don't worry!"

---

**T**HIS too is great:  
To be a mixer without being mixed.

—Elizabeth Towne.

---

**U**SURIOUS.—"What's the biggest interest you ever had to pay on a loan?"  
"When I borrowed trouble."

—Toledo Blade.



## DEPARTMENTS OF WAYS AND MEANS

*For the advancement of the individual in all the relations of life. Affording a clearing house of Ideas evolved through practical use of New Thought in thousands of individual problems of every kind. Conducted by the editors and contributed to by NAUTILUS readers everywhere, these departments afford a most valuable symposium for a "copious unlocking of energies by ideas"—as William James puts it.*

### THINGS THAT MAKE FOR SUCCESS

*A Correspondence Department of Ways and Means Conducted by the Editors.*

If you have discovered something that makes for success, or if you have seen some one find and surround, or remove an obstacle to success, let us hear about it.

We are publishing herein many bright thoughts from our readers, each over the name of the writer, unless otherwise directed by the author.

Letters for this department, which must not be too long, should be plainly written on one side of the paper only and should not be mixed up with other matter of any description.

To the writer of the most helpful success letter published (as a whole or in part) in this department of any number of the magazine, we will send THE NAUTILUS for two years, to any address, or two addresses, he may designate.

To the writer of the most helpful success letter printed in six months, we will send \$5.00 in money in addition to the subscriptions. Prize winners announced in number following publication of their letters.

Success Letter No. 388.

An engineer has planned, and has full charge of, a great piece of work. No one but the engineer fully understands its plans and purpose. Many helpers are needed for its accomplishment. Not all are to serve in exactly the same capacity but each has a part to perform and each part is necessary to the whole. *The work must be done.*

The time required and the difficulties to be encountered depend much upon the wills and efforts of the helpers—their recognition of and compliance with the will of the engineer.

The engineer is God—the Infinite Will. The Infinite Mind-Power. The great piece of work is "Creation," as yet only begun. The helpers

are "God's children," the subordinate wills, including you and I. Our wills and efforts have to do with our parts of the work.

The Infinite Will comprehends the work as a whole.

"There is a Divinity that shapes our ends, rough-hew them as we will." The question of prime importance to you and to me, then, is How am I performing my part?

By "the voice of the Higher Self" our parts are assigned, our directions come to us from the Engineer, though possibly through many successive subordinates.

Not all at once do we learn to do "the Will of Him that sent us," but through time, study, care, trial, suffering and repeated effort; in a word, *experience*. "He loveth best who serveth best"; and he serveth best who has learned not only to do the Father's bidding but to anticipate His Will.

True success must therefore lie not alone in the saying, nor yet in the feeling, but in the application of "Thy Will Be Done."—C. E. ROSEN, Boomville.

Success Letter No. 389.

A small frail woman, of ordinary ability, surprised friends and physicians by the strength and endurance she displayed under a severe mental, nervous and physical strain extending over several years. She had never heard of New Thought, but practiced some of its doctrines as gathered from various sources.

Her whole being said, "I can and I will," and she did, in spite of the continued criticisms and discouraging words of well-meaning friends.

When she thought of former plans for life, plans for her own development which could

never be carried out, she remembered that her God of Love was guiding.

The faculties and powers developed for a different work were simply directed to the performance of *this* task, which she now regarded as the greatest opportunity yet offered for soul development.

She knew the power of music and of colors. She knew the value of a new and uplifting sentiment pondered each day. Yet the "blues" sometimes threatened and a change from the daily routine was sought. She would go out doors and gaze for awhile on the Happiness Ruskin told her was to be seen in each healthy plant. Again, she would gather a bouquet, if only of wild flowers, and wonder with Mrs. Hemans:

By what strange spell is it  
That ever when I gaze on flowers  
I dream of music?

The flowers were carried as "smiles of God's goodness" to the invalid friend near by.

The song birds flitting about the home were studied and enjoyed. Not a moment was wasted in repining. She lived a life of love and found good in everything and in everybody.

As the years went by, cares and responsibilities increased and she was wondering whether strength would hold out when by chance (?) a book on "Health and Dynamic Magnetism" fell under her observation. The rules and exercises were simple and required but little time for daily practice. She gratefully accepted this help as coming direct from the never-failing Guide. She studied and practiced these exercises with telling results. The task was successfully completed, and a more difficult one begun.—ELIZA KIRK.

#### *Success Letter No. 390.*

The following is a tried and true recipe for the making of a successful man or woman.

Take one ordinary individual and add equal parts of faith that he can do what he wills and pure grit. Mix carefully and in due time you will have a successful person.—ADELINE HUXLEY.

#### *Success Letter No. 391.*

Success is the action of the Soul in the execution of spiritual laws, which operate throughout the Universe, and no man, or set of men, has anything to do with it, for it ebbs and flows, breaks out here a little and there a little. The fact is that nobody is successful and nobody is unsuccessful, "all actions are indifferent," and life simply *is*, and we simply

are. "When God wants to carry a point in His moral government He impresses His will in the structure of minds," says Emerson. The same principle operates in success, and in this way God accomplishes the work and ends of the world. We are all in the hands of Deity, and are carried forward by the sweep of destiny, as Seneca observes, whether we think so or not. "Do the best you can where you are, and when that is accomplished God will open a door to a higher sphere," are Beecher's words, and Franklin says, "My rule is to go straight on doing what appears to me to be right, leaving the consequences to Providence." All this is simply complying with the spiritual laws governing our lives, and that's all there is to it.—CHARLES M. BERKHEIMER, Los Angeles, Cal.

[We agree with our contributor that success is simply God working in and through man. But man is a conscious instrument, and it makes all the difference in the world whether or not he is a WILL-ing instrument, whether or not he wills *with* God's will, or sets back in the traces and refuses to act WITH the best part of himself. Man is a "becoming," as Bergson teaches. He is on a journey. He stops at many stations. If he tries to remain at any one of these stations instead of keeping in the current of life and going on and on, he defeats his own success and sets himself against his highest self and against the power which works in and through him and which always inspires him to go on. Failure is a clinging to the old, to the dead forms, instead of going forward, in faith, with the current of life.—THE EDITORS.]

#### *Success Letter No. 392.*

It has been well said that the talent of success is nothing more than doing what you *can* do well, without a thought of fame. Some men are made up on scant and small patterns, others are simply medium in ability, while others are large and heroic by nature. But as every man is made "in the image of God," he can, by the proper cultivation of his powers, and by the diligent use of all the means within his reach, become truly successful in his business life, in his family, and social life, and in moral and religious life.—MOLLIE E. FOWLER, Burlington, Vt.

---

**THE PRIZE WINNER** for June is A., who wrote Success Letter No. 384. We should be pleased to hear from the winner and send the prize of two subscriptions wherever directed.

## Circle of Whole-World Healing

Conducted by THE EDITORS

Would you be at peace? Speak peace to the world.  
Would you be healed? Speak health to the world.  
Would you be loved? Speak love to the world.  
Would you be successful? Speak success to the world.

For all the world is so closely akin that not one individual may realize his high desire except all the world share it with him.

And every Good Word you send into the world is a silent, mighty power working for Peace, Health, Love, Joy, Success to all the World—

Including yourself.

Will you join all the readers and the editors of *The Nautilus* in daily periods of Whole World Healing? No membership fees or special duties, no joining of anything but a spiritual movement. The entire visible sign and direction of this Circle of Healing appears in this Column, in each number of *The Nautilus*. You join the Circle in Thought only. You are free to secede when and how you choose.

No duties are attached and only one privilege. That of holding your own version of the thought expressed herewith, sending it out to all the world each night before you sleep, and as many times during the day as you think of it.

Each number of *The Nautilus* will carry in this column the thought to be used daily until the next number appears.

The emolument of membership in this Circle is *The Cosmic Consciousness*.

Which includes Health, Happiness and Prosperity to every creature.—THE EDITOR.

### Key Thought for Daily Meditation

*When you have resolved  
to be great, abide by your-  
self, and do not weakly try  
to reconcile yourself with  
the world.*

—Emerson.

## THE FAMILY COUNSEL

A DEPARTMENT OF  
CONSULTATION AND SUGGESTION.  
CONDUCTED BY ELIZABETH TOWNE.

"Oh, wad some power the giftie gie us  
To see ourselv's as ither's see us;  
It wad frae mony a blunder free us,  
And foolish notion."

In this department I reply to the 1,000 odds and ends of life-problems and home interests which are presented to me, answers to which are not of general enough interest to make them suitable for the regular reading pages of *The Nautilus*. Every reader is welcome to what advice and suggestion I can give. If you are in a hurry for your answer enclose with your query a stamped, self-addressed envelope, with four cents extra in stamps and Madge will mail you a copy of my dictated answer. Do not write subscription orders or other matter on the same sheet with Family Counsel matters. Observe these requirements strictly—if you can't obey me in these small requirements how shall you obey God and be blest?

ELIZABETH TOWNE.

C. G. W.—Your husband was foolish to promise you so many things when he married you. He might have known he couldn't keep all those promises and that you would therefore be disappointed in him. And you were still more foolish to accept promises from him! Evidently you married your husband as he "ought" to be, instead of marrying him AS HE IS. That was a mistake on your part and your suffering all comes from finding out your mistake. You married an illusion instead of marrying the real man, all you knew about him and all you didn't know about him. It seems to me the only thing you can do is to accept him now AS HE IS. Quit worrying over his faults—forget them. Your only chance is to wipe his faults out of your mind and be your own radiant self. Your soul-shine will help him to redeem himself. Your griefs and your criticisms will only set him in his bad habits and drive him away from you. You must see the perfect man within him and live for that, utterly denying and ignoring the other. This is the only way I know of for you to rectify the mistakes you have been making, and help the true man into expression. There is only one other course possible to a "self-respecting" woman: to leave him if things become so hard that you cannot stand them any longer. There is no middle course. Either MAKE THE BEST of a thing or else cut it out of your life. If you find you can't cut it out then there is only one course open—TO MAKE THE BEST OF IT. After all your self-respect depends upon what YOU do, not upon what your husband does or does not do. Love is for the lover. Don't cheat yourself out of loving your husband, simply because you think he doesn't treat you as if he loved you!

J. A.—It all depends upon the man and the woman. If the woman is one of the sort that never grows old it wouldn't matter so much

if she *is* fifteen or twenty years older than you are—unless you are one of the kind that would be ashamed of her after she looks old. It is rather serious to make such a match. Think it over well before you do it. Don't ask others to encourage you—if you can't do it in cold blood and absolutely on your own account, after reckoning all possible consequences *and all the impossible ones*, then you had better not marry her. As to a girl not being "equal" to this older woman, don't let that worry you. No girl is "equal" to a woman twenty years older. But just remember that the right girl can be fully equal by the time she is the same age, and maybe superior. There are cases of happy marriages where the wife is fifteen to thirty years older than the husband, as witness the marriage of Baroness Burdett Coutts, the English philanthropist at the age of sixty to a young American in his early twenties. So far as anyone knows they lived happily, working together in her great philanthropies, until she died, leaving him about forty-two years old and heir to her immense wealth. But these two persons must have been so congenial and intelligent that they smiled always at the little conventional views of their friends.

W. C.—It seems to me the key to the situation in your case is that you do so many things and rush around so fast that you keep your mind and body in such a state of agitation that you can't receive from the spirit within you the wisdom and power which are your right. Set apart a certain hour every day to be used for New Thought practice and for nothing else, if the heavens fall! Remember that it is the most important thing in the world for you to get back to your source of power at least once every twenty-four hours, otherwise it is impossible for you to do your full work in the world, and get the full enjoyment out of the doing.

In Holyoke there is a garage that guarantees to clean and charge your electric runabout and deliver it at your door every morning warranted to run 100 miles; all for the sum of \$30 per month. Now *you* are a divine dynamo and your mind must be quieted and cleaned every morning, and you must be re-charged from the source of divine power. Otherwise you cannot be warranted to run a hundred miles! In other words, just when you find yourself in greatest need of wisdom and power you will find yourself at your wits' end. Get into conjunction with God, so that you, as a divine dynamo, will be charged ready for the opportunities of the day. If you neglect this work you will give just the sort of poor service that an electric runabout gives if it isn't properly cleaned and charged every day. I wish I could say something more to make you realize the ABSOLUTE NECESSITY of taking these times of going into the Silence, there to touch and draw from your source of power, which is God. *Do this faithfully every day* and everything else will come easy. You will find wisdom and power for every emergency, and in them all you will find the peace which surpasses understanding, and which will deepen gradually into the joy of living the Whole

Life—the life of usefulness, health, happiness, and prosperity. Go in to win and stick to it. All you desire is yours, and it is the will of the Father to give you these things, but you must get in touch with the Father, so that you can draw from Him your life and wisdom and power.

C. S. E.—Face your fears and snap your fingers at them, and tell them to come and do their darndest, that you are tired of worrying about them and you *won't* worry any more. The next thing is to realize that what that doctor said is so—there is absolutely nothing on earth the matter with you except that you fritter your spiritual energy away with useless worrying thoughts, instead of using that energy intelligently, in practical health building and success building.

In other words, all you need is to quit saying I CAN'T and begin to practice I CAN. Practice with a will. Practice faithfully, let nothing interfere with your times of practice. Don't let anything on earth prevent your putting in that ten minutes or more of New Thought practice every single day without fail. No matter whether you *feel* like it or not. Nobody cares whether you feel like it or not—it is whether you DO IT, or not, that counts. Get out and mix with other people and visit and walk and breathe deeply, and forget yourself. Be sure you take full breathing exercises every day. PERSISTENT PRACTICE WILL MAKE PERFECT AND NOTHING ELSE WILL. Go in to win and stick to it. No matter what the ups and downs. Health, happiness and success are yours to be worked out. And nobody else can work them out for you. No doctor can reach your case.

#### FOR WORLD PEACE

WE, the Rising Generations, want a World Agreement for Universal Peace.

We want our war vessels and battleships disarmed and turned into a Public University of Travel, a White Fleet of Peace that will tour the world every year.

We want these ships manned by the best instructors in Foreign Art, Literature, Travel, History, Live Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected by all-around merit from the graduates of Public High Schools and Industrial High Schools of all States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically in all the work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We work for them.

We vote to this end.

—Elizabeth Towne.



*Friends, the Wind Blows toward the new heaven on earth! We are all wafting that way. If you are not TOO BUSY you can see such indications all about you every day. And every paper and magazine you pick up contains little straws that show it. Here are a few the editor and some of our friends have culled while reading the daily papers, and weekly reviews, etc. We shall be glad to have our readers keep an eye out for other Straws that Show the way to clean Winds Blow, sending us any items they may think suitable for this column of very brief mention.—E. T.*

First of all get *The Outlook* for May 25, and read "The Campfire Girls" written in collaboration with Mrs. Luther Halsey Gulick, who with her husband were the founders of this splendid movement which is a sort of sublimated and specially directed Boy Scout Movement for girls. Read "An Intellectual Novelty in Paris" in *The Century* for June, which records interestingly what may prove to be a new movement in literature, and while you are about it read "The Gospel of Nature" by John Burroughs, in the same number. Read Hypnosis for the Gangster" in *Literary Digest* for May 11, and see what Prince Hopkins is doing in hypnotizing boys out of bad habits and teaching them good ones. Read "A Nation in Revolt Against the Political Boss," by Frank A. Munsey in *Munsey's* for June. Two notable things in *Hearst's Magazine* for May are "Schuster's Own Story of Persia's Fight for Life", and "The Price of Progress," by Ferraro. You will need to know more and more about Syndicalism, so read "How America Views Syndicalism," in June *Current Literature*.—E. T.

Hiring children not to catch cold sounds rather absurd, but works admirably, according to a popular home periodical. The mother who originated the idea reports that her small son has now forsaken the practice of sitting on the ice and that his little sister consents to wear rubbers without a murmur. The reward of all this virtue is only five cents a week, but the children evidently consider it worth striving for.—*New York Tribune*.

Students of a class in Yale University, who graduated some years ago, were asked by the class secretary to report their earnings for each year since graduating, excluding any money that may have come to them in any other way than by working for it. About 65 per cent of the class replied. The average earnings for the first year after leaving college were \$740; second year, \$968; third year, \$1,287; fourth year, \$1,523; fifth year, \$1,885. A similar inquiry lately made showed that graduates of Dartmouth College, ten years after graduation, were earning on an average \$2,097 per year, each.—*Current Events*.

The idea of stimulating the growth of plants by the application of electric currents is tolerably familiar to the world at large, but we were hardly prepared for the next logical step—the application of the same process to human beings—which has just been taken by Prof. Svante Arrhenius, in Stockholm. Fifty school children were chosen for electrical treatment. The walls of their schoolroom were lined with a coil of wires through which a high-frequency current was passed. They were kept there every day for six months; while fifty other children, of the same average age, size, and mental development, occupied an adjoining room not adapted for electrification.

At the end of six months, the electrified children showed an average growth of two inches, while the other grew only one and one-fourth inches. The former increased in weight in the same proportion. The most significant result, however, was that the children under electrical treatment showed an average proficiency in their studies of ninety-two per cent, and fifteen of them were rated 100 per cent; while the unelectrified children averaged only seventy-five per cent.—*The World Today*.

We are living memories of all that our fathers were and did; the mechanism by which we inherit their qualities is precisely the same as that by which we recollect what we ourselves felt, thought, and did at some earlier day. The seat of this racial memory is a substance called the germ-plasm, which passes from parent to child and constitutes a material basis of heredity. Present in the body throughout life, this germ-plasm keeps in close touch with its processes and changes, and these changes, if they are thorough-going enough, may affect it in turn, so that acquired characteristics may sometimes be inherited. Here in the rough, and very briefly stated, we have the new theory of heredity enunciated by an Italian student of biology, Eugene Rignano, who has also the training of an engineer and a physicist and who attacks his problems in a somewhat new way. His book on this subject, entitled "The Inheritance of Acquired Characters," is now presented to the English-reading world for the first time.—*Literary Digest*.

The Mississippi Legislature, according to the news despatches, has passed a law to prohibit tips—fifty dollars fine for the giver, as much for the taker, and one hundred dollars for the employer of the tip-taker. A somewhat similar bill has been introduced by a New York legislator.

There is no doubt that the tipping evil is becoming a serious one in this country. Not only does it impose unfair expense on people who have to pay twice for service, but what is worse, it is breaking down the self-respect and manhood of an increasing class of American people. As true charity is twice blessed, blessing both the donor and the recipient, so the tip is twice cursed, for it curses him that gives and him that takes. It tends to make one a snob, the other a fawning sycophant.—*Munsey's*.



*A Cosey Corner Department where everybody chats and the Recording Angel puts down what she can find room for.*

*To Help New Thought Centers:*

The demand for some systematized method of carrying on the wish for extending the New Thought Philosophy called together some well-known leaders and workers, and a society was formed May 2, 1912, under their supervision. Its object to send speakers to centers already established and to aid in forming new centers, or to take up any line of work it deems advisable for the advancement of the cause. This society is an organized independent body under the name of the "New Thought Progressive League," and has been favorably recognized and accepted by the Metaphysical Club of Boston, the "New Thought Alliance," and the "Federation of New Thought Centers." All financial returns to be kept in the league as a fund for extending the work. Two centers have already been formed and started with great interest—and certainly twelve will be ready to start in the early fall. As secretary I shall be pleased to correspond with anyone through the summer, that wants to join in the work, or wants our help.—MARY E. BRADFORD, 26 Water street, Medford, Mass.

*Household Accounts:—*

What housewife has not had trouble over her accounts! From the days of Dora Copperfield down they have been a burden in many cases too great to be borne and thrust aside entirely.

Although forced to admire the beautifully systematic woman whose neat ledgers would be a model, even, for her husband's book-keeper,—we are not all born with system,—some of us must acquire it.

We want to know what, and how much we spend each month, and we want that knowledge accessible. But the average woman does not like to add and subtract long columns of figures. If she lays out too large a program for herself the probability is she will soon give over any attempt to keep up with it. It seems as though the way to make sure of having records of expenditure is to hit upon a simplified method of doing them. Hence the following:

Get a double cardboard cover, 8x10 inches, and a pad of paper the same size. Separate the pages and lay the loose sheets within the cover. Pin on to the sheets the received bills as they come in, in bunches, so that you use only a sheet or two a month.

Under the receipts jot down your cash expenditure for each day. If you pay most of your bills by check (by far the best way), a few rows of these pencil jottings will cover a whole month. Put date, object and price.

You may never add them up, but in two minutes you have cast from your mind that incessant, grumbling worry which women bear so uselessly, about "Where has the money gone?" If there is any question a moment's search will tell, and the jotting soon becomes a habit.

As the pages become bulky, snap them to the back with an elastic, enclosing also returned checks from the bank, which with your stub book, makes your record absolutely perfect.—MRS. H. C. McCOMAS, Princeton, N. J.

*The Questions Asked by Children:*

I am anxious to obtain first hand information on the following points concerning growing children and the questions which they ask regarding sex.

1. At what age do they begin questioning?
2. What have you answered?
3. How have they taken your talks—at any age?
4. Some children will not let their parents talk to them. What then?
5. How best can we counteract objectionable school talk?
6. How best prepare girls for womanhood?
7. How best prepare boys for manhood?
8. Should a book be written for each sex?
9. If not, how handle the question?

Will you help me?—ALICE HARRIMAN, 542 Fifth Avenue, New York.

*The Railroads Not Damned:—*

I want to place myself on record as being an enthusiast for your magazine. It is just the thing all the time, for just what ails you. But as I understand its mission, optimism—not pessimism—is the backbone of the creed, if creed there is.

In the April number of *Nautilus*, on page 58, there appears an article by Dr. Edwin F. Bowers, of Hartford, Conn., to which I wish to take exception if I may be permitted that privilege.

Dr. Bowers seems to have an "awful grouch" at the railroads, and his article leads one to think that he has them in some contempt. He has laid the blame for accidents at the door of railroad officials.

The doctor errs in not going to the real fountain-head of this bad business—the public. We, the greedy public demand fast trains—and the "railroad be damned."

I speak whereof I have knowledge, and I am sure most normal beings will bear me out.

For two years I was in the employ of the Pullman Company, operating between Portland, Ore., and Omaha, Neb., and have reason to know something of how the public is treated.

I have seen the crews and officials of the largest system of railroads in the world, put to the most exacting tests of patience and endurance to please an unreasonable traveling public. It doesn't seem to matter how much you give the passenger, More, More, is the constant demand.

There isn't a business institution in Amer-

ica today who gives more for the money than our railroads.

Do we realize the cost in lives and money that makes it possible for us to ride in perfect safety—with BLOCK SIGNALS every mile of the way over the finest road in the world from New York to San Francisco riding in the best cars ever built, and served by trained and painstaking officials and train crews?

Rails were laid on the Union Pacific when Indians thirsted for the lives of the workmen and many, many times slaked that thirst, swinging aloft in triumph the scalp of some "white" that the PUBLIC could ride in palace cars across the Great American Desert.

I don't own fifteen cents worth of the stock of any railroad—I wish I did—but I do know that the traveling public demand all the comforts of home and a mile-a-minute pace, and the railroads must furnish it. Yours for good and fairness to all.—GEORGE W. WADSWORTH, Beaverton, Ore.

*From the Head of the Stuart School of Dress:*

I am enclosing a clipping that tells of my success AT LAST. I am beginning at the end of my story because that is the happiest part. The developing obstacles I will give briefly later.

I want first to give *The Nautilus* credit for all the inspiration it gave me when I did not know what to do or where to turn, the time when I picked up a copy of your dear little magazine of hope and inspiration. Then I felt that I *could* do things, *must* do things, and *would* do things in spite of every difficulty. AND I HAVE. *How sweet is success!* Only those know who have attained a cherished idea. Now you have helped me and I know that it is sweet to you to hear it. Also it may give others who are discouraged strength to struggle on when they read my letter. Maybe they will look at trouble and difficulty as I have, as a test of our strength, a developer of character. You feel that you have done something. And you have.

The cause that I undertook was considered a lost one, so often had those failed, apparently, who had undertaken it. But they did not fail. Their failures helped me when I studied the underlying causes and through them I reached success. I have shown women that THE CLOTHING OF THE BODY IS A SCIENCE AND AN ART. THAT IT IS WORTHY OF A HIGH PLACE IN THE EDUCATION OF THE CHILD AND SHOULD BEGIN AS SOON AS THE CHILD MANIFESTS ANY PLEASURE IN THE DRESS OR CLOTHING THAT IT WEARS. OF COURSE THE MOTHER SHOULD KNOW HOW TO APPLY THIS SCIENCE AND ART. SHE WILL OFTEN LEARN IT FOR THE SAKE OF HER CHILD WHEN SHE WOULD NOT FOR HERSELF. THE SCHOOL OF DRESS EDUCATION IS ON A BASIS THAT WILL LAST AND AS FAR AS I KNOW IT IS THE ONLY THING OF THE KIND IN THE WORLD. I HAVE NOT YET FOUND A SCHOOL THAT HAS A PLAN ANYTHING LIKE IT.

I give my work gratis to many missions and for a small sum to the working girl or business woman. These poor tired girls are wasting their strength each day because they lack the knowledge of how to clothe the body, nor do they reverence it as they should. A good strong body is the basis of health and happiness. The physiology taught in the schools of today is of little practical benefit. It does not *function into life*, it is not practical. Art as taught in our schools fails to be applied in our daily lives. Vainly do we teach if we do not teach the children the truth.

Loss of money, the death of my father when a young girl, the consequent support of my mother and eight children, the death of a beautiful young sister (who if she had the knowledge that I give to girls and mothers now would today be enjoying life), and the last wave of desolation that nearly took my reason from me was the loss of my husband and health. If the desire for the success of this work and to leave it in useful shape had not possessed me at this time I feel that my mind would have given way. As it is it has strengthened me. I am stronger for whatever comes next, be it *Success* or more development.

I was left almost penniless in my widowhood, and besides maintaining myself I have paid the expenses of putting this new idea forward in a conservative old city like this, which is no small undertaking, done much writing on a textbook on this subject and now am preparing articles to submit to the editors of two leading magazines who have asked me to do so. I use stereopticon pictures in my lecture courses and have made or designed all the pictures except the ones that illustrate Art as shown in the human form divine.—MRS. LILLIAN STUART, Founder of the Stuart School of Educational Dress, Metropolitan Bldg., St. Louis, Mo.

*New Thought in the New Testament:—*

In his epistle to the Philippians, chapter IV, verse 11, the Apostle Paul said, "I have learned in whatsoever state I am to be content." The King James translators try to make his meaning clearer by slipping in the word "therewith." But that word really makes him say almost the opposite of what he really did say. He hadn't learned to be content *with* any and every state or set of circumstances in which he found himself placed, but rather in spite of such circumstances. The Revised Version puts in the word "therein" instead of "therewith." But neither word is called for by the Greek text, so the proper sense doesn't require either word. He says he has learned to be content, regardless of what his circumstances or environments may be. And our English word "content" doesn't really do justice to the Greek word he used. As commonly used, this word "content" might imply that the apostle had acquired a kind of stoical indifference as regards all circumstances or conditions. But his life and conduct before and after this writing are evidence that he was never content in that sense. If he had been content to let a bad world remain bad, and take all things just as they happened to come, he could have

escaped a great deal of trouble and physical discomfort. He was in prison at Rome when he penned this epistle to the Philippians, awaiting the outcome of his appeal to Cæsar, which he made previously at Jerusalem, under his rights as a Roman citizen when the Jews were determined to make short work of him and take his life.

And historians assure us that conditions in that Roman jail were anything but sanitary or congenial. The scholars tells us that this appeal was decided in Paul's favor, and that he was released from prison and went forthwith on a missionary journey to Spain, everywhere striving to change conditions and circumstances, and make them conform to his ideals for world betterment. Not content in any stoical sense.

If we take the word in the literal meaning of its Latin derivatives, *con* and *teneo*, to hold, with, in, or together; contained; it still doesn't do full justice to the Greek word he uses.

An analysis of this Greek word is therefore necessary. In every case but one where we find this word content, or contentment, in the New Testament, the Greek word back of it is some form of the verb ARKEO, meaning to be strong enough, or to be satisfied. Going back a little farther, the lexicon tells us this word ARKEO is from the same root as the verb AREGO, which means to aid or lend strength in war. The first syllable, AR, comes from the word ARES (Latin Mars), the god of war. The word is also close of kin to ARXEUO, to be first, or be king.

So the word Paul uses, which we translate "content" so far from implying a stoical indifference to circumstances, means to be full of strength, even fighting strength; to be superior.

But the word used in this particular place has a prefix, which we do not find in any of the other places where the English word is content or contentment. That prefix is *auto*, meaning self, as every one readily recognizes in such words as autograph, automobile, etc., etc.

So the apostle had learned, in whatever circumstances he found himself placed, to be AUT'ARKES—strong, self-sufficient, superior to his circumstances. He had built up a strong selfhood within that could defy circumstances. And isn't this just what we all get from the practice of New Thought principles? The principles are as old as the human mind itself, but I suppose we are justified in using the term "New Thought" only because the application of these principles by any considerable number of people is really new.

The apostle said he had "learned," in whatever state he was, to be strong and sufficient within himself, implying that it was an acquired power on his part; that it didn't "come natural" to him till he learned it.

It was with him a process of character development in the school of experience, as it has to be with every one of us. In his epistle to Timothy this same writer says, "Godliness with contentment is great gain," which is equivalent to saying that godliness (god-like-ness) with character is great gain, for a fortified selfhood is character.

The apostle has there in that Roman jail the fortitude of which the poet Lovelace sang, several centuries later:

"*Stone walls do not a prison make,  
Nor iron bars a cage;  
Minds innocent and quiet take  
That for a hermitage.*"

And also Edward Dyer:

"*My mind to me a kingdom is;  
Such present joys therein I find,  
That it excels all other bliss  
That earth affords or grows by kind.*"

—COLUMBUS BRADFORD, Kinderpost, Mo.

Said Again:

"I am reminded—that when one has failed to heal himself by the use of New Thought methods oftentimes he can accomplish his purpose by forgetting himself and using his New Thought methods in healing somebody else. IT IS HEALING THOUGHT THAT HEALS." The quotation is yours, the italics mine. I am improving it daily. Say it again for someone else.—GEORGIA DE BORGES, Nashville, Ark.

Just Good Neighbors:

Let us all and always be neighborly, without stint or stinginess, to all, with all who are of our spirit and going our way. In thought we do not need to agree. That were monotonous. We need not see the truth all at the same angle or vision; for Truth is Infinite, and to get into its full understanding and voicing, we have eternity through which to live it out into its perfect understanding. Don't let us be anxious about the Truth. It can take care of itself by just a free atmosphere for its shining through.

Don't let any of us have the feeling "Poor God and nobody to help Him but us." Above all don't let any of us think we can round up truths as cattle, putting our brand upon them. The folly of it laughs down the winds with a boy's whistle.

Just good neighbors—each cultivating his own farm in his own way; but speaking to each other across fences, visiting each other once in awhile, even once a year if not oftener, picnicing together.

What say you? Do we hear you sing and whistle and answer with that child's heart which Jesus told us was entrance into the Kingdom of Heaven?—JOHN MILTON Scott, Editor *New Thought News*, Los Angeles, Cal.

How Much is a Dollar?

There are some things cheap at a dollar; a watch, for instance; other things high at a dollar, as a loaf of bread. Our ideas of what we can afford and what we can not afford; our limits to "the necessities of life" vary considerably.

They vary between individuals, between nations, classes and sexes.

A man will pay more for food—out of the same dollar—than will his wife. She will ask the fare before she enters the cab—she will search for the "bargain" and the "sale." As the old saying has it—

"A man will pay fifty cents for a twenty-five cent thing he wants.

"A woman will pay twenty-five cents for a fifty cent thing she doesn't want."

In no case are these differences more marked than in the ideas of ordinary two or three thousand a year people as to what they can afford.

When theatre tickets are \$2.00 or \$2.50, and books \$1.00 or \$1.50, they can afford the theatre but not the books.

Where a hat costs \$20.00 and a fireless cooker \$15.00, they can afford the hat but not the fireless cooker.

Where a year's gloves cost \$10.00 and a year's subscription is \$1.00, they can afford the gloves, but not the magazine. Where tobacco costs \$50.00 a year, and an encyclopedia \$25.00 they can afford the tobacco and not the encyclopedia.

A dollar outside one's head is so much less than a dollar in it!—CHARLOTTE PERKINS GILMAN, in *The Forerunner*.

#### *Nautilus as an Investment:*

Let me tell you how I first became interested in *Nautilus*. Was in Muskogee, Okla., a year ago—will not go into details—failed to get work, was too proud to let them know at my old home that, for the first time in my life, for many days I knew what it was to go hungry. A lady loaned me some magazines. I found *Progress* published by Christian D. Larson. I sat up nearly all night reading Mr. Larson's article "Your Forces and How to Use Them" time and again, until the words were burned into my heart, brain and soul. I haunted every bookstore and news-stand trying to find more—looking earnestly for a *Progress*. I picked up a *Nautilus*, read some of your editorials, and while I had but 10 cents in my purse (intending to buy a sandwich if I could not find *Progress*) I gladly paid the "widow's mite" and walked out of the bookstore proud as any queen, and the fifteen long blocks to my apartment only touching the pavement in high places—my pocket and "tummy" empty but *Nautilus* under my arm. When I reached my room I locked the door and read, yes devoured every word, advertisements and all. Late in the afternoon I began to feel kind of weak and trembly when a timid tap tap tap sounded at my door. I opened to find the baby girl of five years (the God-given blessing to me—whom I loved as my own). In the sweetest, most plaintive voice she said, "King Lady (her pet name for me) here's some fruit mamma sent you and daddy says if you are not too tired please come play for us." I snatched her up in my arms and covered her with kisses and told her I would come at once as I was not tired. As soon as she closed the door, did I eat? No! I cannot tell why but I was not hungry as I certainly should have been, but knelt by my bed and couldn't even pray as I wanted to, only I kept saying, "God is Love. I am His child. I am. I am."

Your editorials had opened the door—it was Love I needed. I played for my Baby's family—they insisted upon my eating dinner. I did.

Then more music afterward, Baby and her daddy both singing. I had taught her many songs. Then she said, "King Lady, what's the matter? You never played like this before. Did she mother? I know—Jack is coming." (Jack is my own boy.) That was her baby explanation of my happiness. From that day I have never known those old worries—heartache. Next day got a position as piano player at a first-class picture show at \$15 per week and kept the place until Jack wrote that he wanted his little mother. I wanted him so badly that I left the West the next day and was with my boy September 1st. Since then have never been without *Nautilus* and never shall be. If I had millions and was told I must go back to the old life or give up the millions—that I must choose today, unhesitatingly, fearlessly, without regret, I would say "Take the money, give me the happiness, content, peace, undaunted courage and love for all, and *Nautilus*—my *Nautilus*."—MRS. P. S. KING, Columbus, Miss.

#### *God's Message in The Fairy Story:*—

When we seek the Spirit's guidance we need to keep our eyes open and our ears ready, for we never know in just what way the answer will come.

May I tell of a simple little incident which illustrates how the Divine Voice speaks?

I had been feeling discouraged with my environment; there were difficulties I could not overcome, and although I felt I was needed just where I was, in justice to myself it seemed as if I must give up and get away from it all. On this particular day as I sat thinking, letting self pity have full sway, a little girl of ten years interested in her fairy story book, looked up quickly and said: "Oh, you ought to read about this little prince, who was told he had to fight a lion before he could come into his father's kingdom. He was a coward and ran away, and traveled in many lands, and everywhere he went he found he had lions to meet, and one day he decided to go back and fight his own lion, and he found the lion was tame and it licked his face when he had courage enough to go out and fight him."

It was only a fairy story, told breathlessly in a childish way, but it brought a truth home to my very consciousness, and showed me what a coward I had been, and how like the prince, I was rebelling against the environment where I belonged and was needed, and where the lion I dreaded would probably lick my face and hand, and be very friendly when I learned to meet it bravely.

For who shall say it was not God who put it into the childish heart to repeat the fairy story, with just the message that I needed?"—JOSEPHINE F. BOYLES, Brooklyn, N. Y.

#### *Unity of Prayer and Thought:*—

Not many of us notice "miracles" that are enacted about us daily. While in Yonkers for a short stay, I overheard a number of people

discussing the remarkable recovery of a physician's son, this being brought about by prayer. All hope had vanished. Skilled surgeons and every other means employed had failed to cure the lad. For several Sundays prayer was offered by the different churches and now it is reported the child has had a most remarkable recovery. Why wouldn't God answer a prayer that was given by the people as a whole? I believe that we can accomplish anything by Unity of Prayer and Thought. Please discuss this in one of your later numbers. I have gained many encouraging and helpful thoughts from your dear magazine. I read almost every line now. Your editorials are just my style. When I read them I feel you are addressing them to me alone.—CAROLYN R. BRINSMADE.

*Some Vital Questions:—*

I want to try to convey to you the ideas that come to me so impressively. Everyone has some pet indulgence that stands in their way of progress and happiness. With some it is vanity; with others love for money. Others make a god of their stomachs, tobacco, liquor, etc., etc.

Now we know the first commandment is: "Thou shalt have no other God before Me. Thou shalt love the Lord thy God with all thy might and soul." Why is it we all break this commandment continually? Is it because we do not know even faintly of the intelligence, love, power and attraction of our God for *every* soul?

How can we learn to find the greatest joy and interest in keeping this commandment? Do we all need more inspiration than we get every day? When we are purely in love we can easily deny ourselves and every task then seems easier. But everyone is not in love truly.

We read in the Scriptures, "To be carnally minded is death and to be spiritually minded is life." Indulging the feelings seems to lead to selfishness, discord, restlessness, weak mind, insanity, disease, and even death.

To be every whit pure and whole we must be spiritually minded—mind above the physical body and senses. Inspiration seems to be of greatest help here for it uplifts and harmonizes and strengthens.

How can *all* get more inspiration every day? Does the lack of enough of it cause all the unhappiness, sickness and unrest in the world?

When we help others we help ourselves. Everyone wants some help in working out their own salvation and they want opportunities to help others do the same.

I make a plea that there be a magazine started called "Inspiration," or some such name with the one aim of dealing only with these most important questions, and invite all to send letters of mutual help, the best of which are to be printed. Societies of all interested might be formed all over the world to win, teach and save souls by these ideas.—O. H. W.



In this department we notice all cloth bound books sent us, and as many paper bound ones as we can find room for. Lack of space forbids reviewing music. Publishers please give selling price and address when sending books for review. Reviews are written by William E. Towne unless otherwise signed.

—"The Fun of Getting Thin," by Samuel G. Blythe. Some months ago Mrs. Towne referred in "Wind Blows" to this article on flesh reducing which had just been published in *The Saturday Post*. Now that it is in book form, at only 35 cents a copy, all who want to reduce their flesh should read it. It is such an amusing little book that it will also help to make thin people fat. As a matter of fact this book offers the only really practical method the reviewer knows of for the reduction of flesh. Board covers. Price, 35 cents. Forbes & Co., Chicago, Ill.

—"Songs of Victory," by Henry Victor Morgan. It is a real pleasure to the reviewer to find a volume of poems that are not commonplace, flat and trite. "Songs of Victory" is alive with true poetic feeling and fervor. Mr. Morgan clothes his fancies in beautiful and musical language. The New Thought cannot have too many writers of his ability and power of expression. There is inspiration and soul expansion in reading true poetry, and that is the sort that the reader finds in this book. Printed on antique paper, silk cloth binding, gilt top. Price \$1.00. The Library Shelf, 850 McClurg Bldg., Chicago, Ill.

—If you want a bubbling spring of refreshing new views of life subscribe for *The Forerunner*, whose editor and sole contributor is Charlotte Perkins Gilman. There is an interesting lesson series running, on "Our Brains and What Ails Them." If you feel that there is something wrong with your brains try Mrs. Gilman's diagnosis. And if you don't think there is anything the matter with your brain I judge that Mrs. Gilman would pronounce that a sure indication that there is. The address of the *Forerunner* is 67 Wall street, New York City. 10c a copy.—E. T.

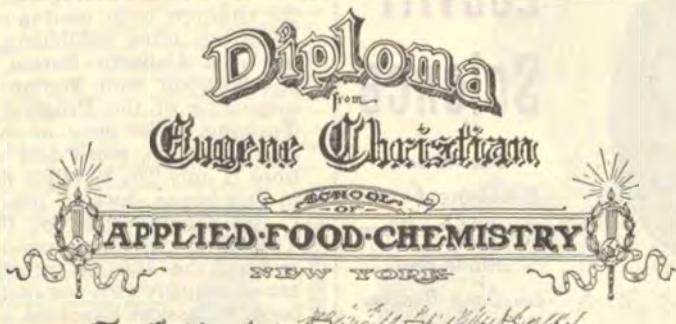
—"The New Way to Educate Children," by Charles Brodie Patterson. A plea for enlightened training by the parent. Dr. Patterson believes that the child reflects the principles and conduct which the parent manifests. Paper covers. Price 25c. New Way Pub. Co., 142 West 80th street, New York City.

—"Comparative and Rational Christian Science," by Charles Robinson. A peculiarly weak, silly, vicious and narrow-minded attack upon Christian Science and all allied systems of healing. 271 pages, cloth bound. Price not given. Address Rational Health Methods Society, Athenaeum Bldg., Chicago.

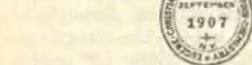
(Continued on Page 60.)

Get  
This  
Diploma  
And

## Students of This School



Become  
Food  
Experts  
and Food  
Scientists



FAC-SIMILE OF DIPLOMA (REDUCED)  
COPY OF DIPLOMA ISSUED TO DR. GEORGE ERNEST ARNOLD

**THIS COURSE OF STUDY CONFFERS UPON YOU THE DEGREE OF F. S. D. (Doctor of Food Science).** It is a correspondence course and easy to learn. You can master it at home. **IT TEACHES YOU** 1st. How to select your food according to your age and your occupation. 2d. It teaches you how to combine your foods at meals so they will be chemically harmonious in the stomach. 3rd. It teaches you how to cure yourself and how to cure others. It contains a complete table of all foods that are chemically harmonious. This is the first table of its kind ever published in the world. **This is the only school in the world of its kind.** Write for our book the "New Curative Science." It is free. Send today. We are making a special Summer offer.

Eugene Christian, School of Applied Food Chemistry, 1003 Arena Bldg., 40 West 32d St., New York.



FOUNDED 1889 BY J. R. FRANCIS

Read THE PROGRESSIVE THINKER and know that your friends who have passed away still live.

For almost a quarter century THE PROGRESSIVE THINKER has been the leading Spiritualist and liberal thought weekly. Every issue contains eight big pages, 56 columns, crammed with the latest scientific up-to-date articles relating to Spiritualism and advanced thought.

Read our great mystic story, "NAMELESS," by Mary T. Longley, now running in THE PROGRESSIVE THINKER.

M. E. CADWALLADER, EDITOR

Cora L. V. Richmond, Dr. W. M. Lockwood, Chas. Dawbarn, Mary T. Longley, W. J. Colville, Edgar Lucien Larkin and hosts of other eminent lecturers and writers are among our contributors.

**BIG SPECIAL OFFER.** Send NOW. Only 10c for seven great trial numbers of THE PROGRESSIVE THINKER. Get the cream of progressive thought literature. You will want more when you see these trial numbers. Mail 10c NOW (stamps or coin) to THE PROGRESSIVE THINKER, Dept. 1, 106 Loomis St., Chicago, Ill.

## -Beautiful Hair-



is the reward of Nautilus readers who ave used Mrs. Rhodes' Great Hair Maker. Users are delighted. They ven tell Elizabeth Towne about it!

"I met the other day a young lady who was once stenographer for us. She said: 'O, Mrs. Towne, do you remember the Hair Maker you told me of about a year ago—Mrs. Rhodes'? I used it faithfully and now have fully twice as much hair as I had a year ago. I am sure I would have lost all my hair if it hadn't been for that remedy. Both my sisters have been using it, too, with most gratifying results!"—Elizabeth Towne. Year's treatment with picture and information for \$1.00.

GRACE G. RHODES, Dept. B, Corry, Pa.

Successfully advertised in Nautilus for years. "There's a Reason!" P. S.—"Mrs. Rhodes' Great Hand Beautifier" is par excellence for bleaching and softening the hands. Sent prepaid for 50c.

## THE MILK CURE

A MILK DIET being entirely Urle-acid-free will, if correctly taken, cure any curable disease of chronic ailment and build up an ill-nourished body and make weak nerves strong quicker than anything else. It won't give you the complexion of a child; that is mere poetry; but it will, if my instructions are followed, produce a clear skin and healthy color and increase your weight by one-half pound or more daily. **ANYONE** can take milk if the "How and When" is known, and this is the main trouble. **Booklet of Instructions**, for adults (copyright, 1911), including advice when returning again to ordinary food. **One Dollar**.

HOWARD HILL, Box 204, Glenn Falls, N. Y.

Note! These instructions are the outcome of personal experience and study under the founder of the milk cure system, an eminent German specialist.



*C. Franklin Leavitt, M.D.* Dis-Easy Bodies.

Leavitt-Science will renew your worry worn mind—recall your vanished poise and power—revitalize the famished forces of your dis-easy body—awaken your whole being to life and vigor.

Whoever you are—wherever you are—whatever your condition, the powerful-corrective influence of Leavitt-Science can be extended to your case with the same assurance that it will work the same wonderful results for you that it has for thousands of other afflicted ones.

There are no medicines to swallow—no religious doctrines to observe—nothing that you cannot do easily, nothing that you won't do willingly, nothing but what will result in immense and immediate benefit to you, for the object of Leavitt-Science is to provide help that wins obedience.

If you will write to me, explaining your trouble as best you can, I will tell you all about Leavitt-Science—what it is and what it will actually do for you.

**C. FRANKLIN LEAVITT, M. D.**  
4458 Lake Avenue, Chicago, Ill.

## RICHES

A monthly journal of Mental Science—twelve years old. The world-famous and justly celebrated publication is now running a series of articles, STARTLING, REVOLUTIONARY, on HOW TO MAINTAIN LIFE IN THE BODY INDEFINITELY.

In a letter to the editor, Thomas A. Edison says: "You are correct in your theory. THERE IS ABSOLUTELY NO REASON WHY A MAN SHOULD EVER DIE."

Scientists and laboratories are working on the problem. If you read RICHES you will soon see why PHYSICAL IMMORTALITY is ALMOST HERE.

Fill out the attached coupon and mail today.

Riches, Box A, Ruskin, Tenn.

For the enclosed 25 cents send RICHES one year.

Name .....

Street or Box.....

Town..... State.....

(Continued from Page 58.)

—If you want a delightful little morality play for children, to be used in schools or churches, or in any other exhibitions, get "Everychild," by Lena Dalkeith Burton, who wrote it in collaboration with Marian Katherine Brown, originator of the Progress System of Moral Training. The price of this little play, with an illustration, music and all necessary directions is only 25c, \$2.40 per dozen. It is put out in handsome durable paper bound form by C. W. Thompson & Co., Park street, Boston. This little play was successfully produced in two of the Boston schools last June. The same company puts out that most useful music book, "Classical Favorites for Young Players," which should be in every child's music library. It can be had paper bound for \$1.25. For sale at all music stores or may be had from the publisher direct.—E. T.

—"The Road to Power," by Karl Kautsky, translated by A. M. Simons, shows the growth of the socialist movement throughout the world. Slowly but surely the struggle of the laboring and exploited class for freedom is progressing, and under all the turmoil and strife elements are forming that shall do away with the whole world round of misery arising from economic slavery. 127 pages, cloth binding 50 cents, paper 25 cents. Published by Samuel A. Bloch, The Bookman, Chicago, Ill.—D. N.

## Your Bunion Can Be Cured Instant Relief Prove It At My Expense

Don't send me one cent—just let me prove it to you as I have done for 57,532 others in the last six months. I claim to have the only successful cure for bunions ever made and I want you to let me send you a treatment FREE, entirely at my expense. I don't care how many so-called cures, or shields, or pads you ever tried without success—I don't care how disgusted you feel with them all—you have not tried my cure and I have such absolute confidence in it that I am going to send you a treatment absolutely FREE. It is a wonderful yet simple home treatment which relieves you almost instantly of all pain; it removes the cause of the bunion and thus the ugly deformity disappears—all this while you are wearing tighter shoes than ever. I know it will do all this and I want you to send for a treatment, FREE, at my expense, because I know you will then tell all your friends about it just as those 57,532 others are doing now. Write now, as this announcement may not appear in this paper again. Just send your name and address and treatment will be sent you promptly in plain, sealed envelope.

**FOOT REMEDY CO.,**  
3516 West 26th Street,  
Chicago.



## WANTED--IDEAS!

"The Photoplay Writer" tells you how to write and sell Motion Picture Plays, Plots and Ideas. Big demand and big pay for them. Advanced education is not necessary; all you have to know is how to read and write. This book, by Leona Radnor (writer for the Motion Picture Story Magazine and scenario editor), tells all that anyone can teach you on the subject. It contains a model scenario and list of film producers—tells what they want and how to reach them. Coupon calling for free criticism of your scenario with each book. Price 50c by mail postpaid. Leona Radnor, 118 East 28th St., New York City.

**Hosefix** makes your hose **holeproof** by reinforcing the places you wear into holes. Enables you to wear light, comfortable hose instead of heavy, cumbersome kind. Saves expense and trouble of darning. With Hosefix everybody can mend their own hose. **Applied instantly. A boon to both bachelors and housewives.** Send 10c for a parcel of Hosefix, enough to make more than 6 pairs of hose absolutely holeproof.

**HOSEFIX CO.**  
Dept. C Washington, D. C.  
Agents Wanted

## THE CAUSE OF CARNEGIE'S GREAT SUCCESS

Why did Carnegie make such a wonderful success? He will tell you that scientific character reading laid the foundation of this success.

Our books and courses will teach you how to sell goods and how to build your structure of success. **VAUGHT ROCINE PUBLISHING CO., 59 E. VAN BUREN ST., CHICAGO, ILL.**

## THE HEALTH IDEA

A few weeks or months spent at the Loomis-Van Valen Sanatorium would tend to establish in you the health idea, and health habits that would stay by you as long as you live and perhaps greatly prolong your life. While standing on the sinking *Titanic*, April 15, 1912, what would Astor, Straus and others have given for ten years more of honorable existence here? Millions. Your life is worth something, too. The Loomis-Van Valen Sanatorium, Peckskill-on-Hudson, N. Y., is a Health-Institution—A Health-School. Write today for free booklet.

## CONCENTRATION

The concentrated mind owns itself. It never knows failure. It is **always the master** of conditions and circumstances. Can you concentrate on any **one** thing for five minutes, shutting out **entirely** every random, stray, tramp thought? Try it. If you can't, then you need "Concentration, Why and How," by **Julia Seton Sears, M. D.** Paper, 50 cents; cloth, 75 cents, postpaid. **NEW THOUGHT PUBLISHERS, 110 W. 34th St., New York.**

These vital booklets were written by

**WALTER DE VOE**

The Divine Potential with picture of the Soul Victorious .....	.50
The Secret of Concentration .....	.25
Thought Forces .....	.25
You Will Not Die .....	.25
How to Practice Mental Healing, two booklets, 64 pages .....	.14
VITA PUBLISHING CO., 2057 E. 69th St., Cleveland, Ohio.	

### ASTRO-BIOCHEMISTRY.

Suffering humanity's voice has at last cried out against poisoned drugs, and a substitute has been found that is real. It is the 12 mineral salts, the inorganic workers, which prevent sickness and restore perfect health. A 2-cent stamp will bring you the information. **A. J. Straughan, 820 Anaheim St., Pittsburgh, Pa.** Send Date for Free Birth Card.



## Enjoy Life!

Get *all you can out of it*. *Live* every minute. **Vibration is life.** It is the very foundation of all existence. It will give you the power to *see clearly*—think keenly—act quickly. It will fill you full of the **real joy of living.**

### Rests, Strengthens, Renews, Repairs

Every vital organ is *crammed full of vitality*. The clogging waste is *swept away* by the coursing blood which this marvelous force sets leaping through every vein and artery *with the virile strength of perfect health*. You sleep as restfully as you used to. You awaken, *refreshed* mentally—physically—*strong in mind and body and glad to be alive*.

### A 60 Day Special Offer

For a *limited time* we are making a remarkable Special Offer on the famous **White Cross Electric Vibrator**. The wonders of **Vibration**—the same treatments for which specialists charge huge fees. It also gives Faradic and Galvanic Electricity, Swedish Movements, etc.—*All within your reach if you act at once*.

**FREE** *Illustrated Book on "Health and Beauty"* tells you just what you want to know—tells you fully, clearly, just what vibration is, how it acts, and what it will do for you. **Get posted now**—right a way. Your name and address on coupon or on a postal or letter is all—**send now**.

**Lindstrom,  
Smith Co.**

**Desk 192Y  
218 S.**

**Wabash Av.  
Chicago**

**FREE  
BOOK  
COUPON**

**LINDSTROM, SMITH CO.**

**Desk 192Y**

**218 S. Wabash Ave., Chicago**

Gentlemen: Please send me free and without obligation on my part, copy of your Free Book on "Health and Beauty" and full explanation of Special Limited Offer on the **WHITE CROSS ELECTRIC VIBRATOR**.

Name \_\_\_\_\_

Address \_\_\_\_\_

## A New Way to Be An Artist

YOU can learn Commercial Art in your leisure hours, and it will pay you from the very start. The new methods, simple and original, enable you to do the work at home. Pen-and-ink, wash drawing and water colors are included. If you write to Dorothy D. Deene (a postcard will do) she will send you free a dozen pen-and-ink sketches of "Modern Girls," a test chart and full particulars of the work. Miss Deene's studio is at 1018 E. 41st St., Chicago

**AGENTS \$4 A DAY**



Selling guaranteed hosiery for men, women and children. All styles and grades; cotton, lisle and silk. Every pair guaranteed to last 4 months or new pair given free. Sales easy. Big profit. Steady income. Sure repeat proposition. Sell 52 weeks in the year. \$2,160.40 amount of Mrs. Laura Davis, Okla. hosiery orders. T. B. Tucker sold \$27.84 in one month. Don't miss this big chance. Write quick. Free sample to workers. **THOMAS HO-SIERY CO., 8031 Barney St., Dayton, O.**

## LOMA —The New Antiseptic and Specific—

for external treatment of inflammatory pains—rheumatic, neuralgic—ear-ache, tooth-ache, throat inflammation—cleanses and heals wounds, burns, ulcers and prevents blood poisoning. Alloys and heals skin irritations from sunburn, stings or rash, inflamed eyelids, eczema, etc. A safe and efficacious household remedy used by physicians and surgeons. Two sizes—50¢ and \$1.00 a bottle. Sent by mail or express, prepaid in plain cover. Prepared and sold only by

RICHARD FINK CO., Dept. N, 415 Broadway, New York

### "The Most Important Discovery Ever Made For Humanity"

IS that ALL vital and Bodily Energy is produced from a single food element—Organic Carbon—when united with oxygen from the air. This reveals the obstructive food elements which are the principal cause of Disease and the methods of Cure. This knowledge is transforming medical practice and the selection of suitable food. Send 10 cents for "Energy and Health," describing discovery and curative processes. DR. B. W. CHILD, Dept. D., 507 N. Madison Ave., Pasadena, Calif.

## The Best New Thought Books Loaned

by mail. You can buy or return them. Don't wait for your pokey library to get them. Tell us your interests and we will sketch a short course of reading for you free. New thought: self-help; business; recreation; house and home; occult books of all kinds; religion; writers' and speakers' books; health; public problems, etc. Hundreds of subjects. Ask for lists and bi-weekly Library Critic, and state subjects in which interested. **Oriental Esoteric Library, 107, Washington, D. C.**

## Salesmen Wanted

DO YOU WANT A GOOD POSITION WHERE YOU CAN EARN FROM \$1,000.00 TO \$5,000.00 A YEAR AND EXPENSES?

There are hundreds of such positions now open. No former experience as a salesman required to get one of them. If you want to enter the world's best paying profession our Free Employment Bureau will assist you to secure a position where you can earn good wages while you are learning Practical Salesmanship. Write today for full particulars; list of good openings and testimonial letters from hundreds of our students for whom we have recently secured good positions paying from \$100.00 to \$500.00 a month and expenses. Address nearest office, Dept. 129

National Salesmen's Training Association  
Chicago New York Kansas City Seattle New Orleans Toronto

(Continued from Page 2.)

how any family can afford to get along without it.

Right now in this beautiful weather, why not go out and get ten subscriptions for *Nautilus* and have this Practical American Encyclopedia free and postpaid? That will not kill two birds with one stone but it will help to bring a whole family of birds to life and usefulness! Try it.

Every new subscription that comes in from an old subscriber will be a very effective vote against raising the price on *Nautilus*.

For five years I have purchased *THE NAUTILUS* from the news stands with the same regularity that I take my meals. Being in the business myself I recognize the value of an occasional word of encouragement and good cheer from one of the laity on the mail list; therefore I take advantage of a spare moment to testify to the invaluable worth of *THE NAUTILUS*. For me it has cured many cases of the "blues," saved many doctor bills and bids fair to make business "bum" for the local undertaker for many years to come. Here's hoping that the obvious improvement in the mechanical and editorial appearance of *THE NAUTILUS* may continue, and that its ability to "open the eyes of the blind" and "raise the dead" to the view of "light" and understanding may never grow less.—MARVIN BROWN, The Menace, Atora, Mo.

## EYEGLASSES NOT NECESSARY

Eyesight Can Be Strengthened and Most Forms of Diseased Eyes Successfully Treated Without Cutting or Drugging.

That the eyes can be strengthened so that eyeglasses can be dispensed with in many cases has been proven beyond a doubt by the testimony of hundreds of people who publicly claim that their eyesight has been restored by that wonderful little instrument called "Actina."

"Actina" also relieves Sore and Granulated Lids, Irritis, Concrements, etc., without cutting or drugging. Over ninety-three thousand "Actinas" have been sold; therefore the Actina treatment is not an experiment, but is reliable. The following letters are samples of hundreds we receive:

J. J. Pope, Ballinger, Texas, writes: "I have spent thousands of dollars on my eyes, consulted the best doctors in the United States, drug medicine in my eyes for years, and 'Actina' is the only thing that has done me any good. Before using 'Actina' I gave up all that has been able to read again. Had not read a newspaper for seven years. Now I can read all day with little or no inconvenience."

Kathryn Bird, 112 Lincoln St., Milwaukee, Wis., writes: "I was troubled with astigmatism and had worn glasses from ten years of age. I could not read or write without them. In a surprisingly short time after using 'Actina' I laid aside my glasses and I will never use them again."

E. R. Holbrook, Deputy County Clerk, Fairfax, Virginia, writes: "'Actina' has cured my eyes so that I can do without glasses. I no longer have headache now, and can study up to 11 o'clock after a hard day's work at the office."

"Actina" can be used with perfect safety by every member of the family for any form of disease of the Eye, Ear, Throat or Head.

Send for our FREE TRIAL OFFER and valuable FREE BOOK. Address Actina Appliance Co., Dept. 124N, 811 Walnut St., Kansas City, Mo.



## What a Handsome Couple

Perhaps you yourself have envied the rounded beauty of such figures as these—graceful, well-developed, splendidly healthful—you see them at every bathing beach—admired by all.

Perhaps you dread to don your bathing suit because of your own painful thinness—you wonder bitterly why you are thin—you eat good food and plenty of it—but somehow you can't gain flesh—why is it?

You are thin doubtless because the flesh-producing elements in your food pass away from your body instead of being retained to build it up—your system lacks the power of proper assimilation—a dozen meals a day will not increase your weight—they will only add to the loss.

You need something to stop this waste—you need Sargol.

**SARGOL** combines with the sugars, starches, fats, and albumenoids in your food in such a way that they are readily absorbed by the blood and carried to the parts of the body

**THE SARGOL COMPANY**  
45-U HERALD BUILDING BINGHAMTON, NEW YORK

### *What a Prominent Physician Says About Sargol*

I have prescribed Sargol and am exceedingly satisfied with results. It contains all the essentials for flesh forming, is of high value in most cases of malnutrition, thus assuring a rapid recovery from all wasting diseases.

Chemical tests prove it to be free from all narcotics or poison.

**DR. HARE CUDDY**

Formerly Hon. Staff Physician, St. Luke's Hospital, Michigan.

where they are most needed to nourish and build it up.

As your semi-starved body gains in flesh and rounds out to its normal beautiful proportions you will find yourself improving wonderfully in looks, in vitality and in vigor.

It costs you nothing to prove our statements.

### **FREE—50c. PACKAGE—FREE**

If we did not feel that Sargol would help you we would not offer this full-size package, for which your druggist would charge you 50c. Cut out the corner coupon and return it to us today, with your name and address with 10c to help pay postage and distribution expenses—try this wonderful flesh builder that has made thousands of men and women heavier, healthier and happier.

**FREE  
SARGOL  
COUPON**

This certificate is good for one regular

50c package of Sargol if

mailed with 10c to help pay

postage and distribution expenses

to The Sargol Company, 45-U

Herald Bldg., Binghamton, N. Y.

# HAY-FEVER SUFFERERS

Can be relieved of this annoying trouble by "Actina," as shown by the following statements:

W. G. Moeling, Lake Charles, La., writes: "The result obtained from the use of your 'Actina' has been something wonderful. I would not be without it for many times its cost. The 'Actina' cured me of HAY FEVER completely, and have not been bothered with it since."

Calvin E. Trompe, 20 Vesey St., New York City, N. Y., writes: "What the 'Actina' has been to me in relieving HAY FEVER is more than I can find words to express."

H. E. Williamson, 17 So. San Joaquin St., Stockton, Cal., writes: "The 'Actina' has more than fulfilled my greatest expectations, it is wonderful. This spring for the first time in my memory I discovered no sign of HAY FEVER."

"Actina" will be sent on two weeks' FREE TRIAL. For full information and free book, address ACTINA APPLIANCE CO., 907 S. Walnut St., Kansas City, Mo.

## THE BOOKS YOU DON'T READ

are only in your way. Better set them to work for the good of somebody else. We receive any New Thought, occult or other books on our loaning lists, if sent post-paid, and use them for the benefit of the O. E. L. Charity Fund. The object of this trust fund is to loan helpful books by mail to poor people who cannot get them otherwise. You can send them with the books you have from the Library or separately, with your name on the package. Only books on our lists wanted. THE ORIENTAL ESOTERIC LIBRARY, 242, Washington, D. C.

RETARDS ACTION OF A PHENOMENON  
OF NATURE.

**Vitalité**  
IMPORTED FROM FRANCE

EFFICIENCY, the Standard of valuation of Man or Woman in the practical activities of life, exacts increasing expenditure of Energy. Greater, in fact, than the body can supply. Docteur Clément, discoverer of this remarkable new substance, proved to the French Academy of Sciences, that he had quintupled a man's Energy in a few days,—without Stimulation or Reaction, which is a scientific fact. You can increase yours, in proportion. Information what "Vitalité" is, and does, is free. Mailed on request.

J. A. L'Ibal, Dept. R 261 Broadway, N.Y.  
IMPORTER AND SOLE AGENT

Don't  
Insult  
An  
Editor

Every time you send a story to a magazine that does not want it you insult the editor. It shows him you have not studied his magazine and that you are an amateur. Our new book, WHERE TO SELL, tells what every magazine in the United States and Canada wants. It's so arranged that you can find what you want at a glance. PRICE, 25c.

THE MAGAZINE MAKER,

239 Fourth Ave., New York

# Use Beauty Leaves

A beautiful face is often made unattractive by a gray shiny skin. Anyone is apt to get so when away from home. **Beauty Leaves** are sheets of chamois-finish paper, heavily coated with high grade face powder. They come in a book that will fit in the pocket-book. When rubbed on the face removes dust and oil, leaving the skin delicately perfumed, soft and velvety. A book of white or blush-rose tinted leaves sent for seven 2c stamps. State which book you want.

TOILET SWEET CO., LAUREL SPRINGS, N.J.

## I WILL MAKE YOU PROSPEROUS

If you are honest and ambitious write today. No matter where you live or what your occupation, I will teach you the Esoteric Business by mail; appoint you Special Representative of my Company in your town; start you in a profitable business of your own, and help you make big money.

Unusual opportunity for men without capital to become independent for life. Valuable Book and full particulars. Write today.

NATIONAL CO-OPERATIVE REALTY CO.

E. H. Harden, Pres. M217 Marden Bldg., Washington, D. C.

## FREE

You may have our 1912 descriptive catalog for the asking. We carry the largest stock of books in the U. S. on New Thought, Occult, Theosophy, Spiritualism, Astrology, Divination, Palmistry, Phrenology, Metaphysics, Success, Health, etc. No matter what you think of these highly important though often much abused subjects, it will pay to know. Ignorance is error and darkness—our books to remedy and cure. A complete stock of Raphael's Epistles from 1800 to 1912 always on hand. Also Leo's books, Sepharial's etc. In fact we can give you better service in these lines than any other house. An order will prove it. When you ask for our catalogue price in 25 cents for Walrond's "Practical Guide" to Astrology, Success, Healing, etc. You will be pleased with WALROND'S OCCULT PUBLISHING CO., Dept. J 8, Rochester, N.Y.

## Would You Study at Your Home

to prepare to earn from \$800 to \$1200 per year? Answer quick. Non-Academic, Business, Real Estate, Law, Adv., Auto., Engineers, Civil Service, and Agric. courses taught by mail. Send 25c for "New Education," 3 mos. Booklets free. For "Special Tuition Scholarships" see R. 20, CARNEGIE COLLEGE, ROGERS, OHIO.



## TO MAKE THE EYES STRONG AND BRIGHT

That the eyes need a tonic to rest and strengthen them to withstand the abuse given them nowadays, is proven by the fact that in the last 10 years, the yearly sale of glasses has increased several thousand per cent.

### A University Professor of Chemistry Invented Hophthalmos.

Professor Arthur P. Smith, B. Sc.; F. I. C., etc., formerly Professor of Chemistry at Rugby College, England, realized that the strenuous life of modern times puts a strain on the eyes which is constantly increasing and he spent years experimenting before he discovered Hophthalmos.



### Rests, Brightens and Strengthens the Eyes.

Hophthalmos Eye Regenerator is absolutely harmless. You could drink it without injury. It is simply an eye bath, which rests and comforts the eyes in just the same way that when you are all tired out, your body is rested and refreshed after a bath. It is ANTISEPTIC and removes impurities with which motor cars and other modern dust-raisers fill the air. It overcomes the painful effects of wind, sun, dust and travel as nothing else can do. It clears, brightens and strengthens the eyes, making them FEEL BETTER and LOOK BETTER in every way.

### "How to Care for the Eyes" FREE.

Professor Smith's book, "How to Care for the Eyes," 82 pages of valuable information, with 46 illustrations, will be sent free on receipt of 4 cents in stamps, actual postage. It tells fully how to make and keep the eyes strong, healthy, useful and beautiful. It is worth paying for—but we send it FREE. Write for it today and learn how to make your eyes more attractive as well as more capable.

Address

**Professor Smith Dept., 367 W. M. Pine St.  
INTERNATIONAL CHEMISTS, Inc.,  
Providence, R. I.**



## Feel Better Than Ever In Your Life

*The ideal Food Medicine  
for Brain-workers, the over-worked, busy man, or the care-worn nervous woman.*

A remarkable discovery has been made in the Alfalfa plant which chemical Analysis shows to contain most of the elements which go to make up the ingredients of the human body. Already the ingredients of this medicinal food plant have been used with remarkable results, and a well-known expert has testified after a careful analysis that Robinson's famous Alfalfa-Nutrient contains no alcohol, poisonous drugs, narcotics, opiates, or deleterious ingredients of any kind.

### Ten Day Treatment Sent Free To Prove It

The Alfalfa plant has been known for its wonderful fatening properties, but not until recently has it been known to be a specific for weak nerves, Indigestion, Dyspepsia, Constipation, Catarrh, Loss of Appetite, Weak Circulation, Blood Impurities, Pimply Complexions. Sallow Face, Dead Looking Eyes, General Weakness, Lack of Ambition, Kidney Troubles, Torpid Liver, Rheumatism, Locomotor Ataxia, Anemia and Female Troubles.

### Read Miss Mand Howe's Strong Letter

Miss Mand Howe, 375 Manhattan Ave., N. Y. City, writes:

"I was very anemic, thin and run down. Four boxes of Alfalfa cured me, and Alfalfa-Nutrient will give you such a vivacious feeling, put strength in your nerves, rich blood in your veins, regularity in your bowels and have all your vital organs working in such splendid order, that your face will clear up at once, your complexion become velvety and rosy, and your whole body bound with new life and vigor. I owe my present, perfect physical health alone to Robinsons' Alfalfa-Nutrient which of all the Blood and Nerve remedies I have tried is certainly the best."

To prove to anyone that this is absolutely true, we will send for 4c postage a \$3c ten days treatment of Alfalfa-Nutrient in plain sealed package with 66 page scientific booklet "How to Develop the Form and Secure Perfect Health." Lady and gentleman agent wanted. Write today for free trial.

ALFALFA CHEMICAL CO., 790 Northwestern Bldg., CHICAGO.

## CLEAR COMPLEXIONS

may be permanently enjoyed by all. Sallow skins and mortifying abrasions may be eradicated forever by living in accordance with the dictates of Nature. Medicines cannot be a guarantee to desired results. "Comeliness More Than Skin Deep," a concise copyrighted treatise upon these subjects, is a non-technical, sensibly scientific, immensely practical, delightfully told book, invaluable to all, especially to those who are troubled with facial disorders, and who ought to understand themselves and become their own doctors. It is brimful of truths which the author has been years learning and proving. It makes surprising admissions and shattering and startling statements, but is simple and absolutely dependable in its recommendations. It is the open door to a wholesome countenance. Twenty-five cents. (No stamps.) E. A. Andrews, 232 North 3rd Street, Newark, New Jersey.

### AGENTS \$20 /WEEK / WONDERFUL NEW INVENTION

Women simply delighted—all want one. Mrs. S. D. Myers, Neb., says "I just couldn't get along without it." Cleans carpets, rugs, mattings, etc., without injuring the delicate fibre and nap. Gentle, but irresistible suction draws out all dirt; ravelings, slivers and foreign matter of all kinds. Nothing escapes. Protects and lengthens life of all floor coverings.

### VICTORIA SUCTION SWEEPER

It captivates everybody. The cheapest good cleaner ever built. Guaranteed. Marvelous in action. Light, simple—easy to operate. Make \$20 A WEEK UP selling the Victoria. Big opportunity for hustlers. We want good managers, salesmen and agents to represent us. Steady income assured. Investigate. Write today for full particulars.

MILFORD MFG. CO. 527 Milford Bldg., MILFORD, O.



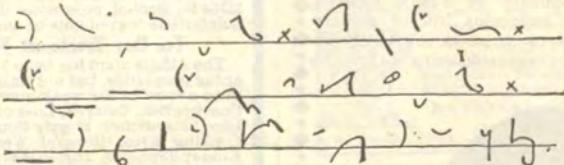
## THE DR. C. O. SAHLER SANITARIUM

For the treatment of Mental, Nervous and Functional Disorders. This is the only institution of its kind in America established upon the

### PSYCHOLOGICAL METHOD OF TREATMENT.

The latest addition to the institution is a large stone building called "The House of Tech," in which are located the sanitarium workshops for mental training and diversion. This with the Lecture Hall for entertainments and gymnasium work, and the outdoor games, gives abundant recreation. The sanitarium has none of the institutional features whatever; it reminds one of a large inn. Most interesting literature, concerning Dr. Sahler, the Psycho-Therapeutist and Psycho-Telepathist, will be furnished gratuitously to any one writing for the same.

**THE DR. C. O. SAHLER SANITARIUM,**  
Kingston-on-Hudson, New York.



## SHORTHAND FOR YOU

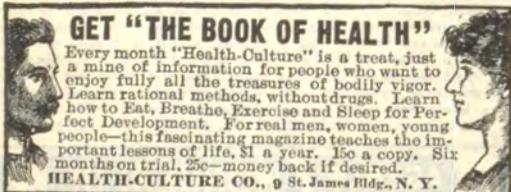
Right at home, during spare time. Only 14 lessons make you proficient. This includes my personal help every step of the way. Shorthand will help you in many ways.

Governor Wilson, of New Jersey, makes notes in Shorthand to this day, it is said. **It's so handy.** A good stenographer can go into almost any city in the United States and get employment. Your chances of getting office work are many times greater if you know Shorthand. Stenographers have the best chance to learn the business.

My mail course is complete in 14 easy lessons. Price so low it will surprise you. Send name and address NOW for full details. Special easy-payment proposition. **WILLIAM E. TOWNE, Dept. 1, Holyoke, Mass.**

## The Sacred Science of Regeneration

by Walter DeVoe, published in 1906, has enabled thousands to become masters of the sex nature and use their vital force to rebuild the body and develop the mind. This Science is the Key to all powers attained by the Masters. It teaches how sex vitality becomes attractiveness and virile healing energy. Price, \$2.00. Send for Letter No. 85 to VITA PUBLISHING CO., 2057 E. 69th St., Cleveland, O.



## TELL ME YOUR FOOT TROUBLES

It will ease your Mind;  
I will ease your Feet.

Enlarged Joints Reduced and  
Toes Straightened by  
ACHFELDT'S (Patented) "Perfection"  
TOE SPRING

Worn at night without inconvenience,  
with auxiliary appliances for day use.  
Sent on approval. Money refunded if  
not as represented.  
Use My Improved Instep Arch Supporter  
for "Flat Feet" and broken down in-  
step. Send outline of feet.  
Full particulars and advice free in plain sealed envelope.

**M. ACHFELDT, Foot Specialist**  
Room 13, 163 West 23rd Street, NEW YORK

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

© 1906 M. Achfeldt, Foot Specialist, Room 13, 163 West 23rd Street, New York. All rights reserved.

## A G E N T S **Clauss NEVER FAIL Razor Sharpener**

A Positive Automatic Razor Sharpener—**Absolutely Guaranteed.** The only machine made that Hones and Strips any razor—old style or safety. THE SELLING PROPOSITION OF THE DAY. ALL OR SPARE TIME—Actual Experience Not Necessary—Sells on Sight—100% Profit and More—Strike out for yourself—I've got the plan and the goods and will grant you ALL THE TERRIBLE TORY YOU CAN HANDLE—WRITE TODAY and get in right on the ground floor. MAKE MONEY—BIG MONEY—REAL MONEY. It's the opportunity FOR YOU. What others are making—you can make.

**\$45 TO \$90 A WEEK**

Here's Irelan, Iowa, who sold 13 sharpeners first day; Brown, Mass., who sold 31 first trip out; Bagby, Tex., ordered over 200 machines in 10 days. Grand Free Advertising Special Introductory Plan Starts You.

**Send No Money** Send name and address at once and get complete information with Free Trial Offer.

ADDRESS SECRETARY THE NEVER FAIL CO., 1427 Colton Bldg. TOLEDO, OHIO



**\$100.00**

**Reward** For any Razor—old style or safety—that can't be Sharpened and kept in best of condition on the Never Fail provided the blade doesn't need grinding.

The NEVER FAIL is the only successful invention of its kind on the market. Developed to the Highest Degree of Efficiency. Highest possible grade Materials and Construction. Roller Bearings—Remarkably Easy Runner. Accurate, Automatic to the limit. A Keen, Velvet, Super Shaving Edge EVERY TIME You Use the NEVER FAIL. You Can't Go Wrong on this STRAIGHT FORWARD ON-THE-SQUARE Proposition.



## Get this Complete Course in Physical Culture—Free

Prepared by Bernarr Macfadden, the foremost Authority on Health and Body Building.

For a limited time, to every person sending us \$1.00 for an eight months' trial subscription to

### PHYSICAL CULTURE MAGAZINE

we're going to give, absolutely without cost, a complete course of lessons in physical culture. These have been written by Mr. Macfadden personally, and represent the most effective body-building course ever compiled. They reflect the knowledge gained in the treatment of patients at his immense Healthatorium, 42d Street and Grand Boulevard, Chicago.

It is not an exaggeration to say that this free course is the equal of many courses sold at \$50.00 or more

We make this unusual offer as an inducement for you to get acquainted with PHYSICAL CULTURE—the most needed magazine in the field of literature. It teaches in a simple understandable manner how sickness may be avoided and how you may achieve the highest degree of health and strength by just a little physical attention. Just enclose a dollar bill and say, "Send me your physical culture course, and enter my name for an eight months' subscription to the PHYSICAL CULTURE MAGAZINE." We will cheerfully return your money if you are not satisfied.

PHYSICAL CULTURE PUBLISHING CO., 707 Flatiron Bldg., New York

## Save 10c On Each Dollar

you spend for New Thought books, if your order amounts to \$2.00 or more. Get my rebate plan. Send for 40-page illustrated catalogue of best books by Ella Wheeler Wilcox, William Walker Atkinson, Wallace D. Wattles, Orison Swett Marden, Henry Wood, Thomson Jay Hudson, Trine, Emerson, and many others. Catalogue free.

WILLIAM E. TOWNE,  
Dept. 1, Holyoke, Mass.

FREE A valuable Self-Healing Lesson, formerly sold for 50c, will be sent FREE to all who send stamped envelopes. EDWARD E. GORE (formerly Editor "Occult Truth-Seeker"), Box 200, Ruskin, Florida.



PRICE  
\$7.50  
UP



### Make \$20 a Day

with our wonderful Champion Picture Machine. Takes, develops, finishes photo in half minute; 300 an hour. No dark room. Experience unnecessary. Photo Post Cards and Buttons are all the rage! You coin money anywhere. Small investment; big profits! Be your own boss. Write for Free Book Testimonials etc.

AMERICAN MINUTE PHOTO CO.  
780 Nehoc Bldg., Dept. B-780, Chicago, Ill.

SONG POEMS WANTED  
WE PAY 50 per cent. Hundreds of dollars have been made in successful songs. Send us your work, with or without music. Acceptance guaranteed if available. Washington only place to secure copyright. Valuable booklet and examination FREE. H. Kirkus Dugdale Co., Desk 238, Washington, D. C.

VOICES MADE beautiful. Inferior, harsh, tuneless voices going to F and G with effort may take higher notes with ease, sweetness, power. There are many orators and Carusos undreamed of. Send stamp for reply. New book \$1.00.

MME. GIRARD, 818 51st St., Drexel Square, Apt. 700, Chicago, Ill.

Say you saw it in THE NAUTILUS. See guarantee, page 5.

# ..THE YANKEE TRADER..



A DEPARTMENT FOR ALL OF OUR READERS Who Wish to Buy, Sell or Exchange.

**COST**

Only 4c per word for Ads in this department, cash with order and no discounts. No display. No Ad accepted for less than \$1.00; none longer than 200 words. Name and Address to be counted and paid for.

**CLOSING  
DATE**

Ads must reach us by the 6th of the month to secure insertion in issue of month following.

**ADS  
BARRED**

Stock Investments, Character Readings, Mediums and Matrimony Ads are barred. If you find a dishonest Advertiser in these columns, let us know and the favor will be appreciated.

Address THE NAUTILUS, Holyoke, Mass.

## BOOKS, MUSIC, ETC.

"MENTAL FASCINATION" teaches how to exercise a powerful irresistible influence, \$1.00. "Paths to Power," on the evolution of your own personality, \$1.10. "Occult Forces," on Personal Magnetism, 30c. "Scientific Suggestion," the new real Hypnotism, \$1.00. "How to Win, Sure Secret of Success," 352 pages, \$2.00. "Natural Sexual Adviser," invaluable to the married and single, \$1.00. "How to Mesmerize," most wonderful book on the subject, \$1.00. "How to Secure a Beautiful Complexion and Beautiful Eyes," 30c. "The Divinity of Desire," a practical book on desire, \$1.00. These useful books should be read by everybody. All for \$8.50. Catalog free. A. W. Martens, Pub., N. M., Burlington, Iowa.

FREE! FREE! A large 54-page book on Astrology; clear and concise; with Independence 1 year, 25 cents. Circulars mailed with our magazine, 25c per 100. Mail buyers' names answers to our own advertisements, 30c per 100. Elizabeth Noake, Uvalde, Texas.

IS IT WORTH 10 CENTS to be well? Three lessons on self-healing tell you how. Send a silver dime. Matthews Dawson, Washington, D. C.

HOW TO ENTER THE SILENCE. Valuable lesson on above, and 3 months' subscription "Plenty," best New Thought Magazine, 10 cents. Matthews Dawson, Washington, D. C.

RARE BARGAINS in books, on Self-Culture and Higher Development. Reduced prices and "Secrets of Human Magnetism" for stamp. New Man Publ. Co., Courtenay, Florida.

LEVALEY'S "LAW OF TELEPATHY" (10c). To advertise "Cosmo-Creme," neither sticky nor greasy, 25 cents brings \$3.00 worth. Rose Mallory, editor World's Advanced Thought, writes: "50 cents enclosed for 'Creme.' Best ever used." Telepsychist, Kankakee, Ill.

SUCCESS AFFIRMATION. Has helped many, may help you. Heavy rose-granite paper with copy of "Plenty," New Thought Magazine, 10 cents. Matthews Dawson, Washington, D. C.

DON'T BUY THAT BOOK. We loan standard books by mail. You can buy or return them. We plan short courses of reading for you free. Self-help; business; health; house, home and field; economic and social problems; books for writers and speakers; occultism; religion; science, etc. Lists and bi-weekly Critic on request. State subjects in which interested. Oriental Esoteric Library, 188, Washington, D. C.

SEERSHIP, GUIDE TO SOUL-SIGHT. Its Art and Culture, with rules for its attainment. Lucidity is not a gift but a universal possibility common to all. Price, \$2.00. SOUL WORLD. The Homes of the Dead. A work dedicated to those who think and feel, who are dissatisfied with current theories regarding the soul, its origin, nature, destiny, etc. Price, \$2.00. HOW TO THOUGHT READ. Price, 20c. Address K. C. Randolph, 23 Melrose Ave., Toledo, Ohio.

SEND 12C FOR "SEXUAL PHILOSOPHY," latest, best, most instructive sex manual published. Actually teaches, not merely argues. Write today. "Health-Wealth" Pub. House, 79a Bennington St., Lawrence, Mass.

STUDY EMERSON. Learn the whole truth. Let us help you. The Emerson Library Co., "Emerson Books and Everything in Magazines," P. O. Box 2058, Spokane, Wash.

I WILL SEND YOU complete instructions "How to Increase Your Vocabulary and Enrich Your Conversation" upon receipt of 25c coin. Joseph Greenberg, 25 Lewis street, New York City.

A. L. JOHNSON says: "COMMON SENSE DIET keeps me well. I would never turn back." At book and department stores, \$1.00; postpaid, \$1.10. Prof. B. H. Jones, 516 Federal St., Northside, Pittsburgh, Pa.

JUST OUT. Interesting and correct account of Titanic disaster given in 350-page book. \$1.10, postpaid. Address Clifford, 473 W. 22d St., New York City.

## REMEDIES, ETC.

CONSTIPATION POSITIVELY AND PERMANENTLY cured. My system gives health, strength, prolonged life, brain power and success. No drugs, injections, diuretics or any other artificial means. Success guaranteed. Address Dr. Brown, Barth Blk., Denver, Colo.

ARE YOU SICK? CURE YOURSELF! My booklet, "Auto-Psycho-Therapy," tells how. Sent free if you write today. Earle Wayne, 1822 West 46th St., Los Angeles, Cal.

IT COSTS NOTHING—unless you are benefited—Safe, Sane, Drugless Eye Treatment—easy to follow, does all and more than other methods, regardless of cost. Follow it 60 days if not benefited your money refunded. Price, \$1.00. Give age, full particulars of trouble. Howey M-T. D., 1307 Portage St., Kalamazoo, Mich.

GET WELL. Orange Manna will make you well. Give it a chance. It is the great natural cure for all chronic wasting diseases. All grain and fruit. Send for free samples and circulars, 131 15th Street, Denver, Colo. W. W. Knight, Proprietor.

THE MILK CURE and how taken at home for all kinds of complaints. See full advertisement on another page. Howard Hill, Glens Falls, N. Y.

ECZEMA, PSORIASIS, Tetter, Old Sores, Catarrh, Dandruff, Sore Eyes, Rheumatism, Neuralgia, Stiff Joints, Itching Piles cured in three weeks or money refunded. Write for particulars. Expressed for \$1.00. Eczema Remedy Co., Hot Springs, Ark.

A LEGAL GUARANTEE protects you against loss. Stops falling hair like magic; promotes growth and cures scalp disease. A positive dandruff remover. Full size bottle sent postpaid, 50c. Bell Health Products Co., 614 East 69th St., Chicago, Ill.

BROTHER, accidentally on camping trip discovered root will cure tobacco habit and indigestion. Gladly send particulars of this wonderful root. No drugs. L. C. Stokes, Mohawk, Florida.

ROYAL HAIR FOOD promotes a luxuriant growth of hair; restores gray hair to its youthful color. No stickiness, makes the hair soft and beautiful. Price, 25 cents, postpaid. Royal Mfg. Co., Dept. E., Philadelphia, Pa.

*Say you saw it in THE NAUTILUS. See guarantee, page 5.*

TREAT YOURSELF to a bath of luxury in these warm days by adding health-giving European Herbs to your bath, strengthening, invigorating. Price \$1.00 per dozen. Tablets postpaid. Royal Mfg. Co., Dept. D., Philadelphia, Pa.

### HELP WANTED.

**LOCAL REPRESENTATIVE WANTED.** Splendid income assured right man to act as our representative after learning our business thoroughly by mail. Former experience unnecessary. All we require is honesty, ability, ambition and willingness to learn a lucrative business. No soliciting or traveling. This is an exceptional opportunity for a man in your section to get into a big paying business without capital and become independent for life. Write at once for full particulars. Address E. R. Marden, Pres. The National Co-Operative Real Estate Company, L544 Marden Building, Washington, D. C.

**WANTED**—To employ ladies of business ability to introduce in behalf of merchants an article needed in every home. For particulars address William Branson, Bloomington, Ill.

**BE INDEPENDENT AND PROSPEROUS** by buying my National Co-Operative Realty Company's Correspondence course in Real Estate, or my American Collection Service's course in Collection Business, for \$8.00 each, or \$15.00 for both, including Lawyers' Directory. These courses extensively advertised for \$25.00 each. Address Attorney Jacobson, Syracuse, N. Y.

### BUSINESS CHANCES, ETC.

**DANDY HOME BUSINESS.** Some make \$100 to \$1,000 monthly selling their ideas, formulas and knowledge by mail. Send stamp for instructive booklet telling how to get cash for names and information. National Information System 845 Marietta, Ohio.

**"FOR SALE;** sixteen acres, fenced, four-room bungalow, good well, suitable for Sanatorium. Address J. W. Gardner, Box 493, Silver City, New Mexico."

**EARN \$100 MONTHLY** publishing a magazine in your home, spare time; our great co-operative plan enables you to begin with only \$1.00; plan free. Crescent Syndicate, St. Louis, Mo.

### INSTRUCTION BY MAIL.

**WRITE MOTION-PICTURE PLOTS.** Big profits. Our correspondence course makes the art easy; literary ability not required; good plots sell readily for \$30 to \$100. American School of Photoplay Writers, Washington, D. C.

### MISCELLANEOUS.

**WATER STILL!** The latest invention in distilling apparatus. Guaranteed. Two quarts aerated distilled water per hour. Price, \$2.50. T. P. Adams, 3935 Colorado Ave., Chicago, Ill.

**NEW THOUGHT PEOPLE** visiting Washington, D. C., will find beautiful rooms; board if desired; at 3521 14th street, N. W. Cars from station direct to house.

**ROOMS** (large, clean, sunshiny). By day or week—reasonable rates. Elevated and Subway service. Good for business or tourists. Mrs. Gervaise, 226 West 185th St., New York City.

**A REAL MAN**, with no capital, but plenty of Brains, Health, Energy, a sterling honesty of purpose and an unblemished record, wishes to join in partnership in an enterprise of any kind, anywhere. Write now. "Wings O' Truth," South Bound Brook, N. J.

**TWO YOUNG WOMEN**, violinist and pianist, desire positions in a summer hotel. Can furnish good references. Address, stating terms, etc., Miss Pomeroy, Conservatory of Music, Ithaca, N. Y.

**PALE PIANOS AND FURNITURE** made clean and bright. New chemically perfected method (no liquid). Preserves the beauty and adds years to the life of your furnishings. Don't "oil" them, "polish" them. Send 50c for sample. Guaranteed. Agents, here's money. Perfection Polishing Pad Co., Van Wert, Ohio.

**RECIPE** for a chicken lice exterminator; sure and cheap, and directions how to use, for 50 cents in stamps. Mrs. M. A. Dubry, Sibley, Wayne County, Mich.

IF YOU ARE a preacher or lecturer, or wish to be, and want work, write for particulars of The Scio-Vangel Extension to Dr. W. Franklin Wilmot, 427 Bowen Ave., Chicago, Ill.

### OLD COINS, POST CARDS, ETC.

**OLD COINS.** \$7.75 paid for rare date 1853 quarters, \$20 for \$1/2. We pay a cash premium on hundreds of coins. Keep all money dated before 1884, and send 10 cents at once for our new illustrated Coin Value Book, size 4x7. It may mean your fortune. C. F. Clarke & Co., Coin Dealers, Dept. 21, Leroy, N. Y.

### New Thought Practitioners

**WOODBURY, N. J., 146 MAPLE AVE., WM. C. HILL SUGGESTIVE THERAPEUTIST.** Successfully treats for Health and Success. Correspondence confidential. Send 2c stamp for terms and methods.

**Trinity of Health, Physical, Mental, Spiritual.** **M. ELLEN VAN VOAST**, teacher and healer. Treatments for harmony on all lines, including success. **1428 Clifton St., Washington, D. C.**

Experienced Mental Healer and Teacher receives patients for health, happiness and prosperity through correspondence. Interviews by appointment. **MRS. ANNA HUTTON, 2935 Prairie Ave., Chicago, Ill.**

**REST READING ROOM AND HOME, 719 14th St., Oakland, Cal.** Teaching and Healing Sundays, 11 a. m.; Thursday, 8 p. m. **MRS. HELEN E. CLOSE, MISS IDA B. ELLIOTT, Ministers.**

**HELEN A. HEARST**, the well-known healer, twelve years' experience, successfully treats for health and prosperity through correspondence. Enclose stamp. **Suite 3, 134 Huntington Ave., Boston.**

**"MRS. C. A. BARTHOLOMEW, LANSING, PA.**, experienced New Thought teacher and healer. No charge unless patient is benefited. Careful attention to each and every letter."

**KNOLLCREST**—Overlooking Oneida Lake and River, Delightfully located for rest and recuperation. **KATHERINE CARTER** system of treatment, consisting of Mental Therapeutics, either alone or combined with Corrective and Invigorating Physical Exercises for those who need aid in adjusting life's problem, whether Physical, Mental or Spiritual. For particulars, address **KATHERINE H. CARTER, P. O. Box 695, Syracuse, N. Y.** For personal interview call on **MISS CARTER** at 507 South Warren St., Syracuse, N. Y.

### BOOK FOR SICK PEOPLE

(Nature's Own Way of Healing Disease)

By

C. S. CARR, M. D., Editor of Columbus Medical Journal

There are many people who are sick and cannot get well. They have tried drugs, dieting, physical culture, electricity and various other remedies—still they remain sick. For this class of people this book will be found especially interesting. It outlines a course of treatment with concentrated foods entirely different from the ones above enumerated and gives the invalid another chance for his life.

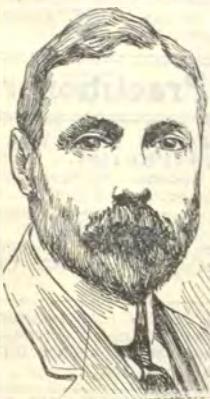
Chronic invalids of every sort, and especially those suffering from diseases of the blood, bones, nerves, mucous membranes, etc., ought to read this book. It is written in plain language so that every intelligent person can read it and understand it.

This 30-page book will be sent to you for 4 cents in stamps to pay postage. Address C. S. CARR, M. D., Station E, Columbus, Ohio.

Say you saw it in THE NAUTILUS. See guarantee, page 5.

# Thin

GAIN FLESH



# Nervous

GET CALM NERVES

One of your troubles is lack of certain nourishment. Yes, your system has suffered for want of certain **TONIC FOOD ELEMENTS**. That accounts for the peculiar craving felt at times.

Drugs and medicines proved useless—didn't help you to gain flesh or tone up. Why should they? There are no body-building materials in drugs and stimulants. Just the opposite, in fact.

Now you supply the body's demands. See what happens when your system gets right materials—the special tonic food elements. Get your body machine efficient. Procure the proper building nutrient, just as you would give a steam engine the right kind of fuel. Brace up! Build up! Have greater capacity for work and pleasure.

I have perfected a tonic nourishment combination **FOR THIS VERY PURPOSE**. It is particularly designed for thin, nervous people. To put on flesh, to build up the nerve-cells, to nourish and strengthen the whole system. It contains no drugs; far better—some wonderful tonics that were discovered in certain foods. They were extracted and highly concentrated into CERTONE. And they do the work because they are the very materials to do with.

My CERTONE is the result of twenty years' faithful study, travel and experimentation. It is an ideal combination; each ingredient selected for its particular purpose. One to enrich the blood, another to fatten, another to tone up the nerves, others to strengthen the vital organs and invigorate the entire system. All by special **CONSTRUCTIVE** nourishment. Nature's method.

CERTONE is a most gratifying success. It is winning remarkable favor—on its merits. Because it accomplishes the desired results. Because it is safe as well as effective.

CERTONE contains, in highly concentrated form, the materials which produce the results. The natural, rational treatment; embodying both science and common sense.

CERTONE has done wonders for others. Flesh gained, digestion improved, nerves made tranquil, vital organs strengthened, boiler-power given to brain and body machine. Men and women bless CERTONE for this now and many of them were just as skeptical as you. But, they needed something, just as you do and CERTONE "delivered the goods." Now you give CERTONE a chance. The problem has been solved at last. And as personal proof for you, I will let you have one regular Fifty-cent Box of CERTONE if you will send 10 cents to help defray postage and distributing expenses.

GEORGE A SYKES, Pres., 542 Twelfth Avenue, Dept. 110, New York City

# Ailing

BECOME STRONG

## We Believe in Your Divinity

THE ARYAN YOGA SOCIETY

Presided over by

**Guru Rakadazan**

An Initiate of the Orient



Address, enclosing 4-cent stamp for postage,  
The ARYAN YOGA SOCIETY  
RICHLAND CENTER, PA.

We believe that the Key to Mental, Spiritual and Physical power is found in higher Soul Development. But apart from the Mental and Spiritual Culture which we believe to be derived from this instruction, the course is of great value to all interested in the evolution and progress of thought and of civilization, teaching as it does, the wonderful mental and ethical culture of the Eastern peoples.

This Society teaches the Higher Life as taught by the ancient Hindu and Persian Masters, with all that these teachings mean.

Address, enclosing 4-cent stamp for postage,

## Washington News Letter

A beautifully printed monthly magazine devoted to **DIVINE HEALING**.

Edited and published by Oliver C. Sabin, Bishop of the Evangelical Christian Science Church, Washington, D. C.

Each number of the News Letter contains one or more lectures by Bishop Sabin as delivered before his church at Washington. These lectures cover plainly and simply the subjects of **DIVINE HEALING**. They instruct you how to proceed in self-healing or in helping others. Many interesting illustrations are drawn from the personal experiences of the lecturer in healing work. Each number of the News Letter also contains many articles by writers engaged in New Thought work. Also a Children's Department for the little ones.



OLIVER C. SABIN.

The magazine is printed on the finest grade of super calendered paper, and each issue contains 64 pages, very little advertising.

Subscription, \$1.00 per year. Or send 10c now for three trial numbers. Address OLIVER C. SABIN, Box 374, Washington, D. C.

Send 12c for **DIVINE HEALING**, 112-page book.

# Watch Your Teeth

If your gums are sensitive, soft, spongy or receding so that your teeth are loose, it is a sure sign of Riggs' disease.

## CALL'S ANTI RIGGS

Will quickly relieve the dangerous condition arising from this disease. Its use will make the gums sound, firm and healthy. It is especially valuable in cases of bleeding and tender gums and where the gums have become shrunken permitting the teeth to become loose and sensitive. Call's Anti Riggs keeps the gums in a healthy condition, makes the breath pure and sweet and the mouth delightfully sanitary and healthful. It is endorsed by leading dentists in U. S. and is used with remarkable results by all who desire good, sound teeth and perfect mouth cleanliness. If your dealer cannot supply you with Call's Anti Riggs write to us. We will be glad to fill your order and send you literature showing the merits of this preparation.

**The following dealers in U. S. recommend Call's Anti Riggs and sell it on a money-back guarantee if it fails to give satisfaction:**

Ala. Mobile, The Van Antwerp Drug Corporation.  
Cal. Los Angeles, Owl Drug Company; Oakland, Owl Drug Company; San Francisco, Owl Drug Company.  
D. C. Washington, The People's Pharmacy, 7th and K Streets.  
Fla. Pensacola, The Crystal Pharmacy.  
Ga. Atlanta, The Jacobs' Pharmacy Company.  
Ill. Chicago, Public and Independent Drug Companies.  
Ky. Lexington, McAdams & Morford; Louisville, T. P. Taylor & Co., 458 4th Ave.  
La. New Orleans, Katz & Besthoff.  
Mass. Boston, Jaynes Drug Co., Houghton & Dutton.  
Minn. Minneapolis, The Public Drug Company.  
Mo. St. Louis, Meyer Bros., 4th St., Clarke Ave. to Broadway; Springfield, Palace Drug Store.

N. Y. Binghamton, Smith's Modern Pharmacy; Buffalo, Cahoon-Lyon Drug Company; New York City, Riker & Hegeman Company; Rochester, Dake Drug Company; Syracuse, Liggett's Stores.  
N. C. Raleigh, J. C. Brantley, Druggist.  
Ohio. Cincinnati, R. Freiberg, Rockdale & Reading Rd.; Cleveland, The May Company; Columbus, P. J. Ackerman, 549 N. High St.  
Ore. Portland, Owl Drug Company.  
Pa. Philadelphia, Evans' Drug Store.  
R. I. Providence, Hall & Lyon Company.  
Utah. Salt Lake City, Schramm-Johnson, Drugs.  
Va. Roanoke, Van Lear Bros.  
Wash. Seattle, Owl Drug Company; Spokane, Owl Drug Company.

CALL'S ANTI RIGGS CO.,

Dept. 121,

Elmira, New York

## For World Peace

FOR HOMES, SCHOOLS, PUBLIC BUILDINGS, OFFICES, LIBRARIES, ETC.

In response to many requests, we are putting out the "For World Peace" motto (read it on another page), on 80-lb. India tint wove paper, 16 $\frac{1}{4}$  x 14 inches. It is printed in heavy black face large type with a handsome border all around. How many do you want at

10c per Copy, securely mailed in a tube.

50c per dozen copies or \$2 per hundred.

Post them in schools, homes, and other public places and help along World Peace. The same motto on a small slip, just right to slip into your letters, 25c a dozen; 50c for 100, postpaid.

The Elizabeth Towne Co., Holyoke, Mass.

## Do You Want To Sell

or exchange Land, Books, Musical Instruments, Cameras, Bicycles, or anything else? Then advertise in the Yankee Trader department of the NAUTILUS. It was started specially for NAUTILUS readers, and is serving them well.



Ida Helen McCarty, Pennville, Ind., says: "I have had many, many replies to my 'ads.' in your magazine from nearly every state in the Union. The magazine certainly 'gets there.'"

Write "Special," The Nautilus, Holyoke, Mass., for full particulars.

Say you saw it in THE NAUTILUS. See guarantee, page 5.



### Every Sick Person Should Have This Book We Mail It Free

ONE of the most prominent business men in America, reading the advertising on OXYDONOR for years, became convinced of its merit and purchased two of these wonderful instruments.

He found OXYDONOR fulfilled every claim, so far as he called upon it. Wondering if every OXYDONOR were the same, he spent one entire year in investigating the experience of other owners of OXYDONOR. The results were so convincing that he forwarded them to us in the hope that by their publication and circulation in book form they would be the means of extending the beneficial knowledge of the merits of OXYDONOR and the saving to humanity of much suffering and pain.

OXYDONOR makes its possessor master of his or her own health all the time; preventive of disease, a destroyer of sickness, so simple a child can apply it; no expense after the purchase price; no drugs, medicines, pills, plasters, massage or batteries. Write us if you value your health and the health and welfare of your family and friends—write today for this *Wonderful Free Book*, and learn from the lips of those who have used OXYDONOR what a great blessing it is.

Ask for Book No. 10.

**DR. H. SANCHE & CO., Inc., Dept. G**

489 Fifth Avenue, New York, N. Y.

61 Fifth Street, Detroit, Mich.

364 West St. Catherine Street, Montreal, Can.

**A Course of Lessons  
in  
Drugless Healing  
[Mechano-Therapy]**

# **FREE!**

Not one cent to pay either now or later—no obligations of any kind or nature. Just your simple request will bring you this valuable and interesting course of 62 lessons by return mail *without cost*.

This is the *first* time such an offer has ever been made. It may be the *only* time. We cannot urge you too strongly to accept this exceptional opportunity *without a moment's hesitation*.

This offer is *strictly limited*. As soon as a certain number of courses have been mailed, we shall be compelled to withdraw the offer. So don't wait a minute. Send your acceptance right away.

#### **These Free Lessons Teach You**

How to Treat Headache  
How to Treat Neuralgia  
How to Treat Constipation  
How to Treat Indigestion  
How to Treat a Sprain  
How to Treat Dyspepsia  
How to Treat Rheumatism  
How to Treat Lumbago

Besides dozens of other important health subjects which every one should know. Every single step explained and pictured so plainly that you cannot fail to understand.

#### **WHY We Are Making This Offer**

We want the public to know the *real truth* about Drugless Healing. We want you to convince yourself by a practical demonstration just what a wonderful new curative force may be placed at your command.

Besides, these free lessons will demonstrate just how thoroughly, how easily and in what a surprisingly short time you can master this wonderful new profession, at home or in class, without interfering with your regular occupation or calling.

If you want to earn \$2500 to \$6000 a year, if you want an established profession that is pleasant, dignified and remarkably profitable, then want to become master of your own and others' health and happiness then send for the Free Course and see what Drugless Healing has to offer you.

It is a series of wonderful gradations in every question of world demonstrate the wonderful efficiency of our methods. What about yourself? Are you satisfied? Are you contented—healthy—happy in your work-making all the money you want? If not, get posted on Drugless Healing right away.

#### **Remember: This Offer is Limited**

#### **Write NOW for FREE Course of Lessons**

Don't wait to think it over. Don't hesitate at a chance like this. Get the facts—the real truth—learn what you can do—what you can earn as a Mechano-Therapist. The Free 62-Lesson Course and our free book explain all. Send just the coupon or a postal or letter right away.

**American College of  
Mechano - Therapy**

Dept. 646

81 West

Randolph St.

CHICAGO,

ILL.

(116) Address \_\_\_\_\_

American College  
of Mechano-Therapy

Dept. 646

81 W. Randolph St.

Chicago, Ills.

Without cost or obligation, please  
send me by mail, prepaid, your free  
book and the course of 62 lessons in  
Drugless Healing.

Say you saw it in THE NAUTILUS. See guarantee, page 5.

## **Dr. Carey's Booklet**

Thirty-two pages, containing the following gems from writings of this noted teacher and scientist:  
**"Wonders of the Human Body,"**  
**"Mental Science and Wireless Telegraphy,"**  
**"Paradoxes of Civilization,"**  
**"Biochemistry,"**  
**"The Discovery of God,"**  
**"The New Name" Poem,**  
**Epigrams, etc.**

**PRICE, 25c.**

Address DR. GEO. W. CAREY, 1118 Lake Shore Ave., Los Angeles, Cal.

## **New Thought**

### **What It Does and How To Use It**

Being a list of little booklets with great ideas written out of the personal experiences of those who know.

#### **50 YEARS OF FAILURE; 10 YEARS OF SUCCESS; AND WHY.**

A Symposium of Practical Demonstrations of the power of New Thought to help one on to health and success. The personal experiences of seven persons, related by themselves.

#### **35 YEARS OF NERVOUSNESS and How It Was Mastered.**

By the Man Who Did It.

With New Thought "Lights on the Path," by Elizabeth Towne; and other personal experiences. All in a dainty booklet.

#### **"THOUGHT FORCE FOR SUCCESS."**

By Elizabeth Towne.

This is a 16-page booklet, larger than any of the others.

Price for all the above booklets is: 10 copies, 25c; 100 copies of these booklets, \$2.00.

#### **ELLA WHEELER WILCOX'S**

"What I Know About New Thought."

#### **FLORENCE MORSE KINGSLEY'S**

"How to Use New Thought."

#### **JULIA SETON SEARS, M. D.**

"Thought Force for Health."

#### **WALLACE D. WATTLES'**

"Marital Unrest; a New Remedy."

Each booklet contains 8 to 16 pages,  $3\frac{1}{2} \times 6\frac{1}{4}$  inches, printed in bronze, blue and black, respectively, all from clean, new type. Just right to slip in with a letter to your friend.

#### **This Came With an Order:**

"I want 20 copies 'In Tabloid' to wreak on some friends. Send 5 copies each. I greatly admire each one of the REGAL FOUR."—C. W. FARRINGTON, Goshen, Ind.

Price, 25 cents for twenty copies; \$1.00 per 200; \$2.25 per 500, postpaid. Single copies, 10c. The booklets will not be sold in quantities less than twenty copies, but orders of twenty or more may include all booklets.

Order of THE ELIZABETH TOWNE CO., Holyoke, Mass.



Say you saw it in THE NAUTILUS. See guarantee, page 5.

TRANSCRIPT UNION LABEL HOLYOKE, MASS.

# Popular Educational Food Campaign

**Free: Four Booklets Which Have Taught Many People to Cure Themselves.**

A university student writes from Lincoln, Nebraska:

"I have confidence in this system. It has relieved an unsightly skin and mental inertia through the valuable suggestions and hints in your four booklets. There is a mine of practical hints in them; enough to convince a sceptic were he to stick to the rules faithfully and give it a trial."

"Your little books eliminated chronic catarrh from my system in about three weeks. To put it weakly, I was astonished. I know now, that butter, eggs and rich cream caused the trouble. I thank you for your knowledge and hope to learn more of your system in the future."

## Different Classes of Foods Cause Different Diseases.

I have produced in myself at will from time to time such complaints as rheumatism, catarrh, fevers, kidney trouble, blackheads, sores, dandruff, etc., by eating different classes of foods to excess, proving that the waste from each class of foods produces an entirely different disease. For instance, eggs, cream, butter, cheese, milk and salt are mucus-making foods which produce catarrh. Starch and eggs (paste-making foods) in wrong combinations congest and produce headache, dullness, brain fag, etc., while lean meats, green vegetables, and fresh, juicy fruits do not.

G. H. Brinkler, Food Expert